

# **Summary of Results from the 2010-2011 Newton Youth Risk Behavior Survey Grades 7-12**

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## BACKGROUND

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### REPORT FORMAT

In November of 2010, the Newton Public Schools administered the 2010-2011 Newton Youth Risk Behavior Survey to students in grades 6 through 12. The survey was developed and implemented jointly by the Newton Public Schools and the Newton Department of Health and Human Services. Largely based on the Centers for Disease Control and Prevention's *Youth Risk Behavior Survey*, the questionnaire was designed to gather information on some of the important issues facing youth in Newton, such as substance use, violence and safety, and mental health. A similar survey was conducted during the 1998-1999, 2000-2001, 2002-2003, 2004-2005, 2006-2007, and 2008-2009 school years.

This report summarizes results from the survey for students in grades 7 through 12 (differences in the 6<sup>th</sup> grade instrument preclude the inclusion of those data in this summary format). The report is designed to provide an overview of key survey data, focusing on four main themes: (1) What do the data from this survey tell us about the challenges facing youth in our community?; (2) Are there any important sub-population differences among respondents (such as by gender or grade)?; (3) How have the data changed since the last administration of the survey?; and (4) How do results in Newton compare to those in Massachusetts as a whole? The summary presents an overview of findings grouped according to the following themes: Alcohol, Tobacco, and Other Drug Use; Violence and Safety; Mental Health; Sexual Behavior; and, Weight and Physical Activity. The main results in each section are illustrated using charts that are complemented by supplementary data or information. Appendices containing selected data follow the main results.

### WHO CONDUCTED THE SURVEY?

The survey was conducted by the Newton Public Schools and the Newton Department of Health and Human Services, in collaboration with Social Science Research and Evaluation, Inc. (SSRE), a non-profit social science research firm located in Burlington, Massachusetts.

### HOW AND WHEN WAS THE SURVEY CONDUCTED?

The survey was administered as a questionnaire in November of 2010 to all students in the Newton public middle and high schools. A stratified, random sample of 3,000 completed surveys representing grades 6 through 12 were selected for analyses. The number of respondents in each grade is as follows:

6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	TOTAL
411	406	383	459	442	440	459	3,000
Middle School = 1,200			High School = 1,800				

School administrators set aside approximately one period of classroom time for students to complete the survey. The attending classroom teacher was responsible for passing out the questionnaires and maintaining order in the classroom.

The high school version of the survey (grades 9-12) was adapted for use at the middle school level. While many questions remained unchanged, some questions were either omitted or modified to facilitate completion by younger students. A number of additional questions were also omitted or modified in the 6<sup>th</sup> grade survey instrument.

## WHAT DID THE SURVEY ASK ABOUT?

The survey is largely based on the Centers for Disease Control and Prevention's *Youth Risk Behavior Survey*. Questions range from demographic and background items (e.g., gender, age, grade, participation in activities), to student substance use (e.g., alcohol, tobacco, other drugs), to other issues related to student health such as stress, suicide, violence and safety, sexual behavior, dietary behavior, and physical activity.

## VALIDITY

There is a good deal of research about the ways in which students respond to surveys and whether they tell the truth. This work indicates that student survey results are reasonably accurate provided that student participation is voluntary and that the respondents cannot be identified. The Newton Youth Risk Behavior Survey met these conditions. The voluntary nature of the survey was explained to both students and their parents. Prior to the survey, parents were given the opportunity to opt their child(ren) out of the survey. In addition, students could choose not to participate or to skip any items. The confidential nature of the survey was highlighted in the questionnaire instructions that asked students *not* to put their name on the questionnaire and explained that their answers would not be viewed by anyone who knows them.

Two other steps were taken to increase validity. First, each questionnaire was reviewed to identify any on which students obviously provided frivolous answers. Such questionnaires were omitted from all analyses. Second, analyses were conducted to test for the reasonableness of responses and for the consistency of responses across related items. When inconsistent responses were identified, the entire case or the suspect items for that case were treated as missing data in all subsequent analyses. These two procedures identified few problems.

The validity of the survey is also bolstered by using a questionnaire based largely upon the CDC *Youth Risk Behavior Survey*. The YRBS is a standardized instrument developed by the CDC in collaboration with other national and local health and education agencies (see Brener, N., Kann, L., McManus, T., Kinchen, S.A., Sundberg E.C., and Ross, J.G. [2002]. "Reliability of the 1999 Youth Risk Behavior Survey Questionnaire." *Journal of Adolescent Health*, 31, 336-342).

## NON-RESPONDENTS

It is important to keep in mind that the survey results can be generalized only to students who were present when the survey was administered. The results may not reflect responses that might have been obtained from students who were absent or truant on the day that the survey was administered, nor from students who have dropped out of school.

## TRENDS

Trend comparisons can provide extremely useful information on whether certain behaviors have improved, worsened, or stayed the same over time. In fact, it is best to repeat a survey such as this at regular intervals in order to track changes over time. Because this is the seventh administration of the Newton Youth Risk Behavior Survey (similar surveys were administered in 1998, 2000, 2002, 2004, 2006, and 2008), it is possible to look at trends among Newton youth.

## COMPARATIVE DATA

A limitation of such data is that it is difficult to compare results from Newton to results from other communities. Making comparisons to other communities is quite complicated – surveys are not exactly alike, the populations used may differ in unknown ways, the timing of the surveys

may vary, and so on. Although it is natural to want to compare to other communities, a great deal can be learned simply by looking at Newton data. The most useful comparisons are made by looking at Newton over time.

In addition to trend data for Newton, limited *high school* comparisons can be made to Massachusetts as a whole since the Massachusetts Department of Education administers the *Youth Risk Behavior Survey* to a sample of Massachusetts students every two years. The most recent available state data are from the administration of this survey that occurred in the Spring of 2009. Comparable Massachusetts *middle school* data are not available since Massachusetts does not administer a statewide middle school *Youth Risk Behavior Survey*.

### **WHO HAS THE PROBLEM?**

Although this survey was administered to middle and high school students, this does not mean that the problems addressed are confined solely to youth. For example, national studies of substance use show that rates of use are higher among young adults than adolescents. It is also important to keep in mind that while the survey focuses on a number of risky behaviors, it may not fully address the many positive aspects of adolescent life.

### **WHO IS RESPONSIBLE?**

Data on health behavior among youth is typically collected in public schools because it is comparatively simple to collect data from what is essentially a "captive" audience. The fact that data on youth are collected in schools, however, does not mean that the schools bear the sole or even the largest responsibility for the issues revealed in these surveys. Issues such as those addressed in the survey are not school problems; they are community problems that require the attention of all community members and organizations.

# **Alcohol, Tobacco, and Other Drug Use**

What substances are used most often by Newton youth?

How does use change as youth age?

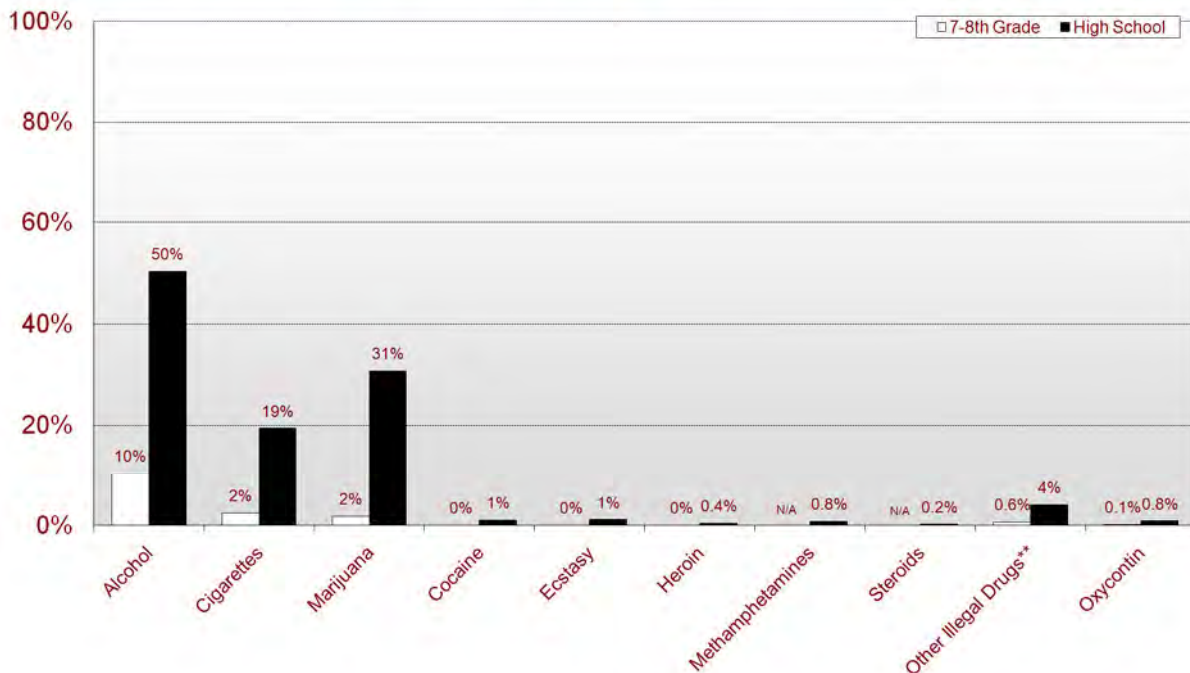
Are boys or girls more likely to use substances?

How has use changed in Newton over time?

Are rates of substance use higher or lower in Newton than in other places?



## Lifetime\* Substance Use for Newton 7-8<sup>th</sup> Grade and High School Students (2010)



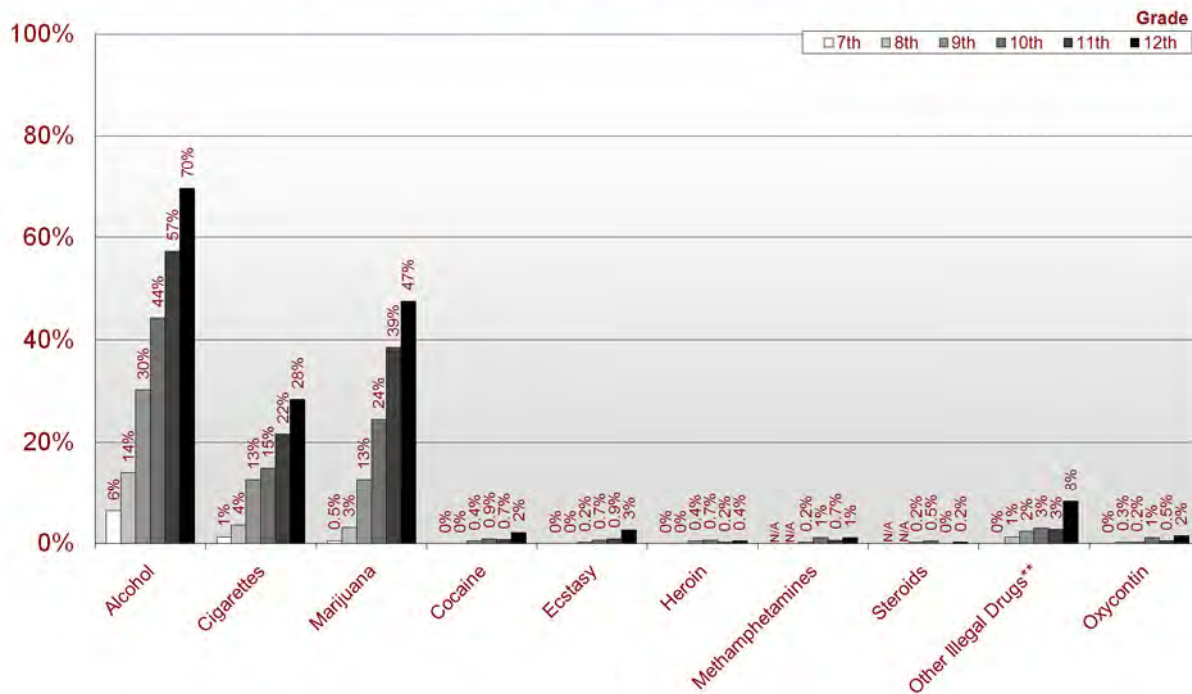
\* Lifetime Use is any use during one's lifetime.

\*\* Respondents were asked about their use of "any other type of illegal drug, such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), GHB, or Oxycontin without a doctor's prescription."

### SELECTED POINTS

- Lifetime substance use is any use in one's lifetime.
- Questions concerning Oxycontin use were added to the survey in 2010. They were placed after the question concerning use of "other illegal drugs" so as not to interfere with interpretation of that item which references use of "any other type of illegal drug, such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), GHB, or Oxycontin without a doctor's prescription."
- The questions about alcohol were preceded by the following instruction, "The next questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, vodka, or whiskey. For these questions, drinking alcohol does NOT include drinking a few sips of wine for religious purposes."
- Alcohol is the substance of choice, with 10% of Newton 7<sup>th</sup> and 8<sup>th</sup> graders and 50% of high school students reporting that they had consumed alcohol in their lifetime. Close to one-third of high school students reported ever smoking marijuana (31%) and one-fifth smoking cigarettes (19%). Use of illegal drugs other than marijuana is much less common.
- Note that while lifetime cigarette use was similar to lifetime marijuana use among Newton 7<sup>th</sup> and 8<sup>th</sup> grade students (2% respectively), high school students were much more likely to report ever having used marijuana (19% cigarettes, 31% marijuana).

## Lifetime\* Substance Use for Newton 7-8<sup>th</sup> Grade and High School Students, by Grade (2010)



\* Lifetime Use is any use during one's lifetime.

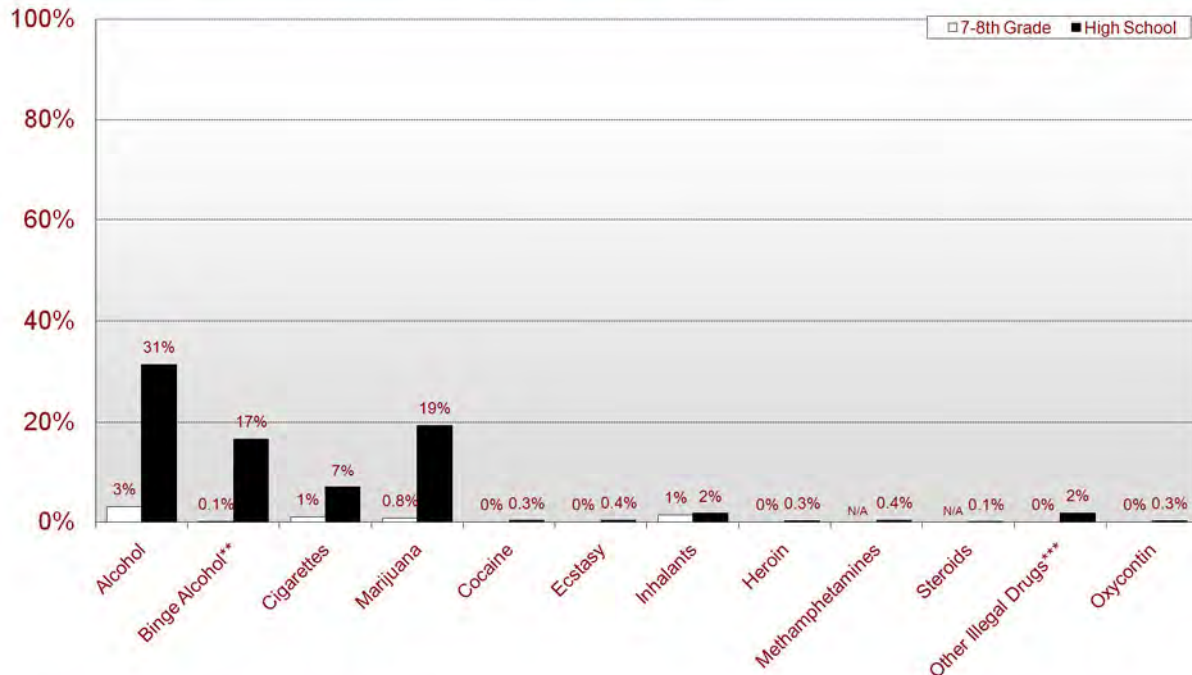
\*\* Respondents were asked about their use of "any other type of illegal drug, such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), GHB, or Oxycontin without a doctor's prescription."

### SELECTED POINTS

- Overall, the percentage of students who reported ever using each of these substances increased with age/grade. For example, 6% of Newton 7<sup>th</sup> graders reported using alcohol at least once in their lifetime, compared to 70% of 12<sup>th</sup> graders.
- By late Fall of their senior year, almost three-quarters of Newton youth have tried alcohol (70%), close to half have tried marijuana (47%), and over one-quarter have smoked cigarettes (28%).
- Eight percent (8%) of 12<sup>th</sup> graders reported ever using any illegal drug other than marijuana – ecstasy (3%), cocaine (2%), oxycontin (2%), methamphetamines (1%), heroin (0.4%), steroids (0.2%).



## Current\* Substance Use for Newton 7-8<sup>th</sup> Grade and High School Students (2010)



\* Current Use is any use in the 30 days prior to the survey.

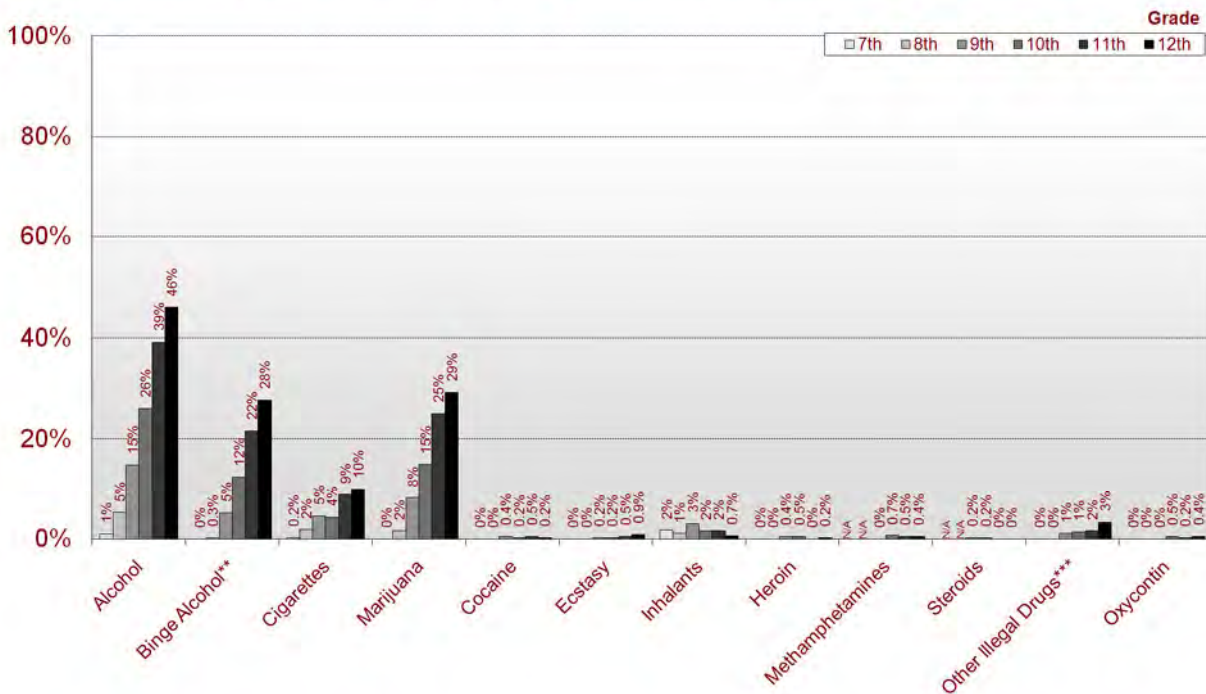
\*\* Binge alcohol use is defined in the survey as having "five or more drinks of alcohol in a row, that is, within a couple of hours."

\*\*\* Respondents were asked about their use of "any other type of illegal drug, such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), GHB, or Oxycontin without a doctor's prescription."

### SELECTED POINTS

- Current substance use is any use in the 30 days prior to the survey.
- Alcohol is the substance of choice, with 3% of Newton 7<sup>th</sup> and 8<sup>th</sup> graders and 31% of high school students reporting that they had consumed alcohol in the 30 days prior to the survey.
- Seventeen percent (17%) of high school students reported binge drinking in the same time period. This means that over half (55%) of those who drank in the past 30 days engaged in binge drinking.
- Note that the high school rate of current marijuana use (19%) is much higher than the rate of current cigarette use (7%).
- Current use of illegal drugs other than marijuana is comparatively low.

## Current\* Substance Use for Newton 7-8<sup>th</sup> Grade and High School Students, by Grade (2010)



\* Current Use is any use in the 30 days prior to the survey.

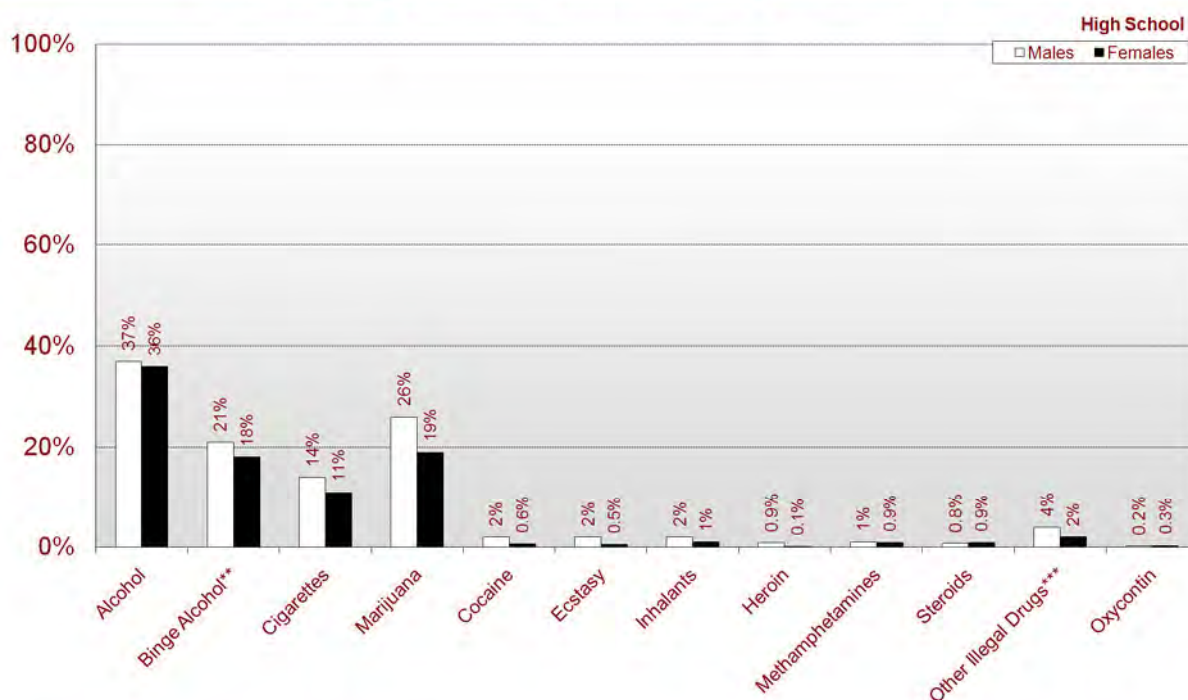
\*\* Binge alcohol use is defined in the survey as having "five or more drinks of alcohol in a row, that is, within a couple of hours."

\*\*\* Respondents were asked about their use of "any other type of illegal drug, such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), GHB, or Oxycontin without a doctor's prescription."

### SELECTED POINTS

- Overall, the percentage of Newton youth who reported current substance use increased with age/grade. For example, the percentage of students who reported current marijuana use increased from 0% in 7<sup>th</sup> grade to 29% in 12<sup>th</sup> grade.
- Note the comparatively large increases in current use of alcohol and marijuana between grades 8 and 9, and grades 9 and 10.

## Current\* Substance Use for Newton High School Students, by Gender (2010)



\* Current Use is any use in the 30 days prior to the survey.

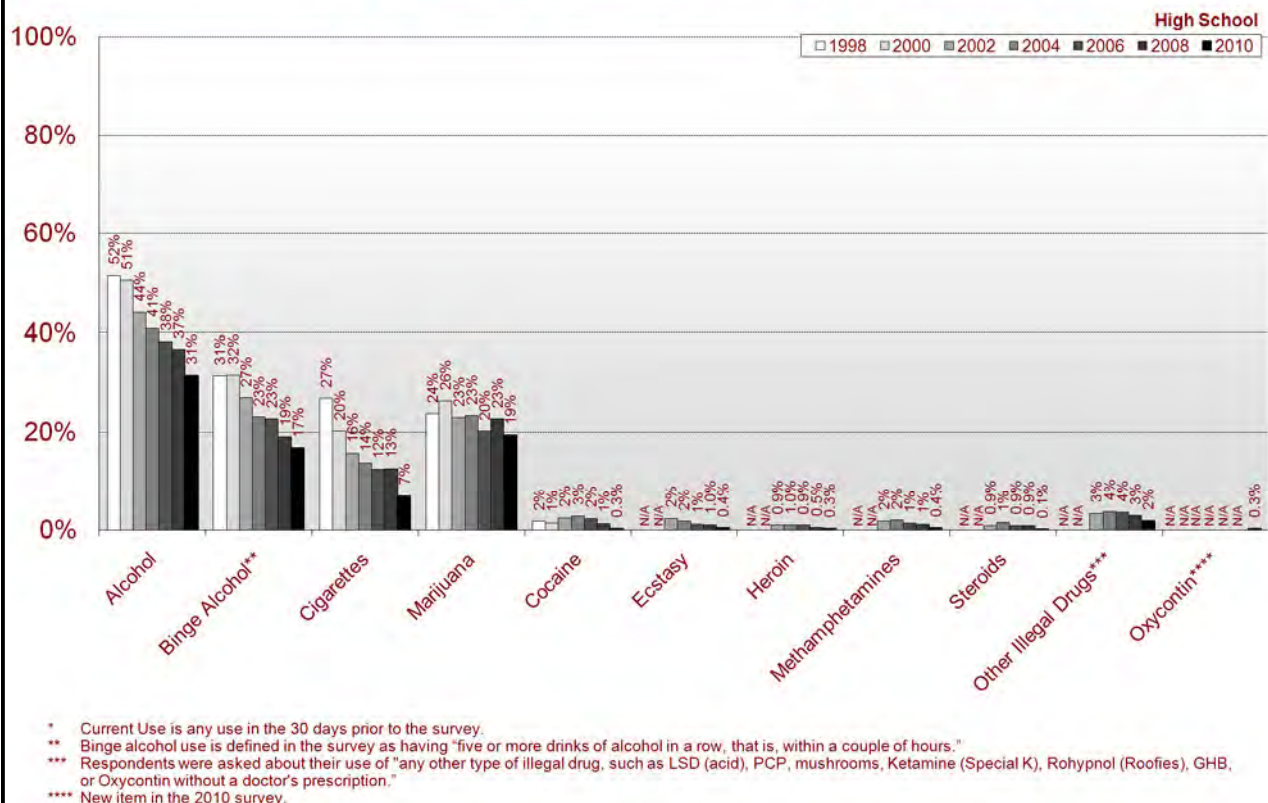
\*\* Binge alcohol use is defined in the survey as having "five or more drinks of alcohol in a row, that is, within a couple of hours."

\*\*\* Respondents were asked about their use of "any other type of illegal drug, such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), GHB, or Oxycontin without a doctor's prescription."

### SELECTED POINTS

- Newton high school males and females reported fairly similar rates of current substance use, although males were consistently more likely to report use.
- Patterns among Newton 7th and 8th grade students are as follows:
  - Alcohol – 4% males, 2% females
  - Binge Alcohol – 0.3% males, 0% females
  - Cigarettes – 1.3% males, 0.8% females
  - Marijuana – 1% males, 0.5% females
  - Cocaine – 0% males, 0% females
  - Ecstasy – 0% males, 0% females
  - Inhalants – 1% males, 2% females
  - Heroin – 0% males, 0% females
  - Methamphetamines – not asked
  - Steroids – not asked
  - Other Illegal Drugs – 0% males, 0% females
  - Oxycontin – 0.3% males, 0% females.

## Trends in Current\* Substance Use for Newton High School Students ('98, '00, '02, '04, '06, '08, '10)

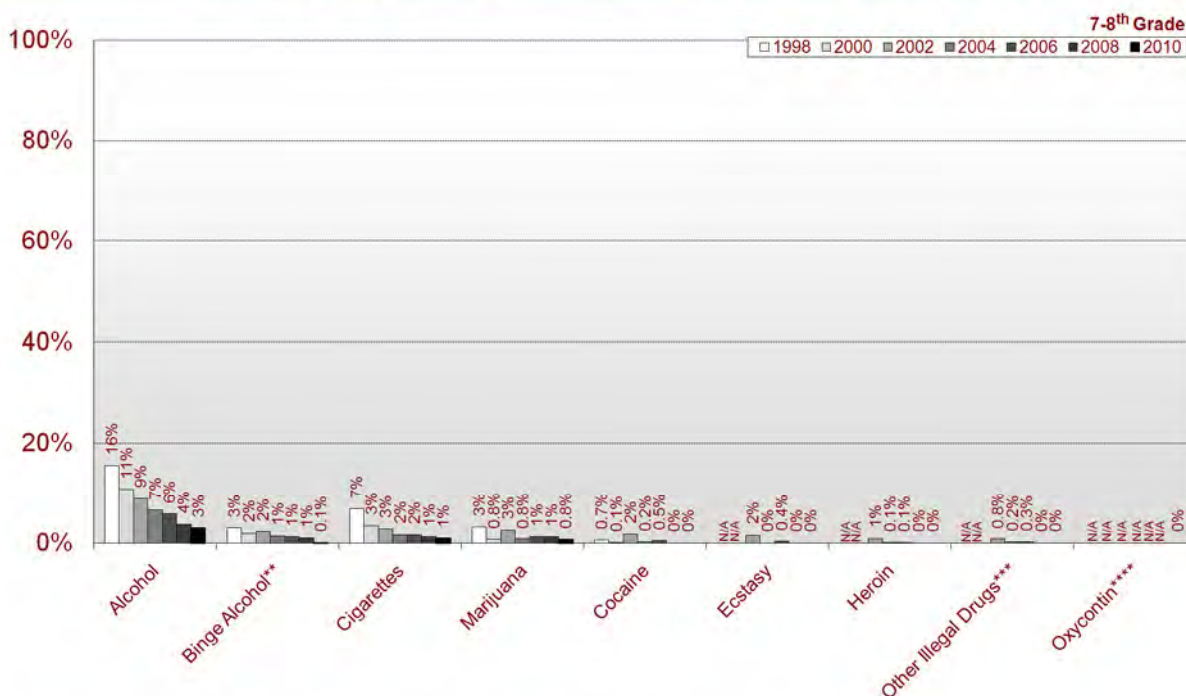


### SELECTED POINTS

- **2008 to 2010:** Rates of current substance use among Newton high school students declined between 2008 and 2010. The most notable decline was in current cigarette use, which dropped from 13% to 7%.
- **1998 to 2010:** Rates of current substance use, particularly cigarette and alcohol use including binge alcohol use, have decreased considerably since 1998. Available data show less consistent change in marijuana use since 1998. Current use of illegal drugs other than marijuana has declined while remaining comparatively low.



## Trends in Current\* Substance Use for Newton 7-8<sup>th</sup> Grade Students ('98, '00, '02, '04, '06, '08, '10)



\* Current Use is any use in the 30 days prior to the survey.

\*\* Binge alcohol use is defined in the survey as having "five or more drinks of alcohol in a row, that is, within a couple of hours."

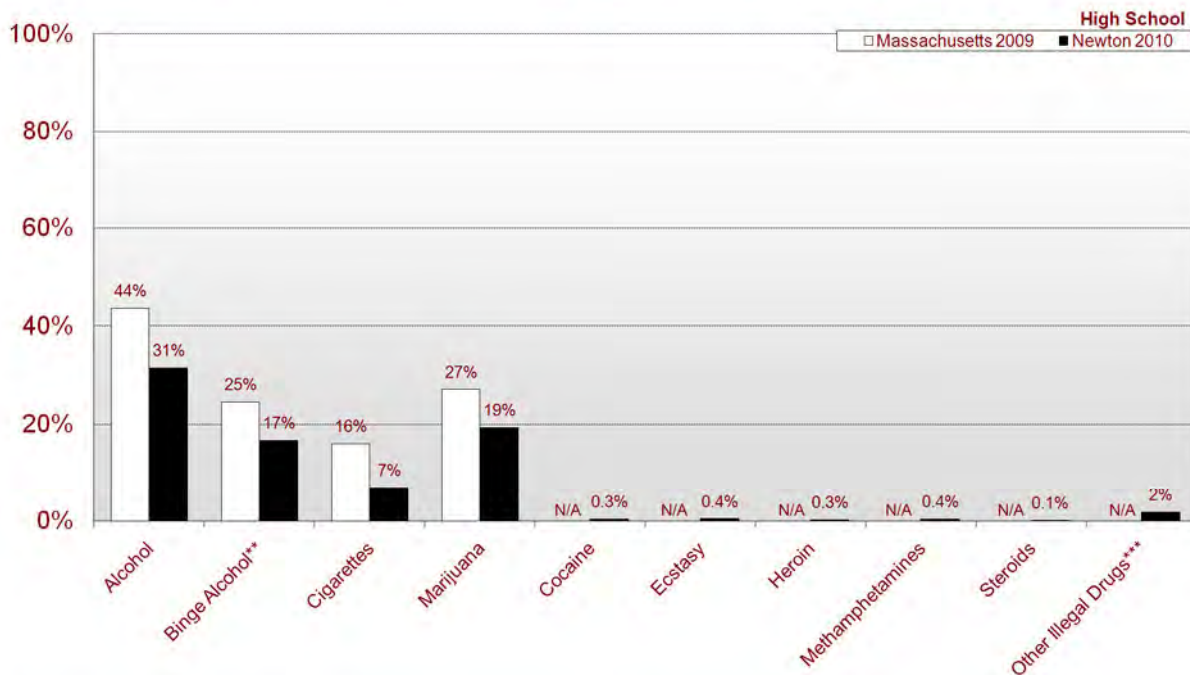
\*\*\* Respondents were asked about their use of "any other type of illegal drug, such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), GHB, or Oxycontin without a doctor's prescription."

\*\*\*\* New item in the 2010 survey.

### SELECTED POINTS

- **2008 to 2010:** Rates of current substance use among Newton 7<sup>th</sup> and 8<sup>th</sup> grade students remained at or below 2008 levels in 2010.
- **1998 to 2010:** Overall, rates of current substance use among Newton 7<sup>th</sup> and 8<sup>th</sup> grade students have declined since 1998 – alcohol (16% in 1998 to 3% in 2010), binge alcohol (3% to 0.1%), cigarettes (7% to 1%), marijuana (3% to 0.8%).

## Current\* Substance Use for Newton High School Students (2010) and Massachusetts High School Students (2009)\*\*



\* Current Use is any use in the 30 days prior to the survey.

\*\* Massachusetts high school data are from the 2009 MA Youth Risk Behavior Survey conducted by the MA Department of Education in Spring, 2009.

\*\*\* Binge alcohol use is defined in the survey as having "five or more drinks of alcohol in a row, that is, within a couple of hours."

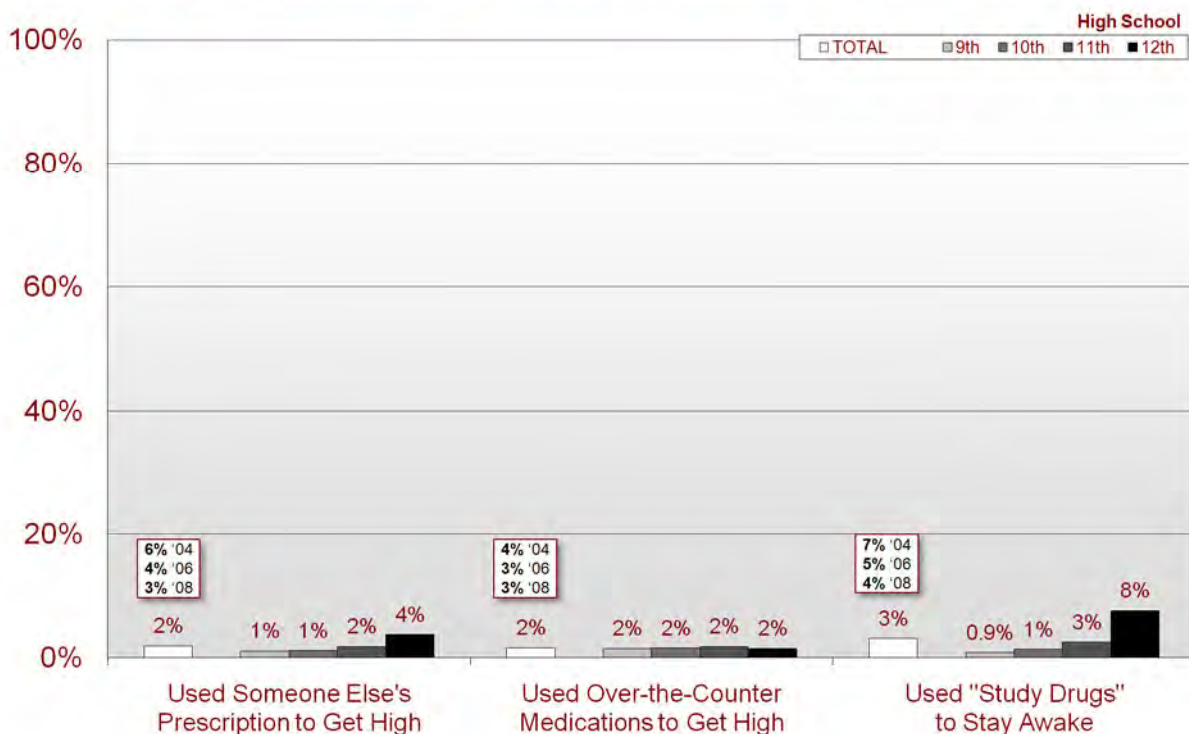
\*\*\*\* Respondents were asked about their use of "any other type of illegal drug, such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), GHB, or Oxycontin without a doctor's prescription."

### SELECTED POINTS

- Massachusetts data displayed here and elsewhere in this summary are from the 2009 Massachusetts Youth Risk Behavior Survey, which was administered during the Spring of the 2009 school year. Note that the Newton survey was administered during the late Fall of the school year, meaning that students were comparatively younger within their grade than Massachusetts survey respondents.
- Current use rates for comparable substances are lower in Newton than in Massachusetts as a whole (comparative data for other substances are not available because the questions were not included in the Massachusetts survey):
  - Alcohol – 31% Newton, 44% MA
  - Binge Alcohol – 17% Newton, 25% MA
  - Cigarettes – 7% Newton, 16% MA
  - Marijuana – 19% Newton, 27% MA



## Annual\* Use of Someone Else's Prescription, Over-the-Counter Medications, or Study Drugs by Newton High School Students, Total and by Grade (2010)



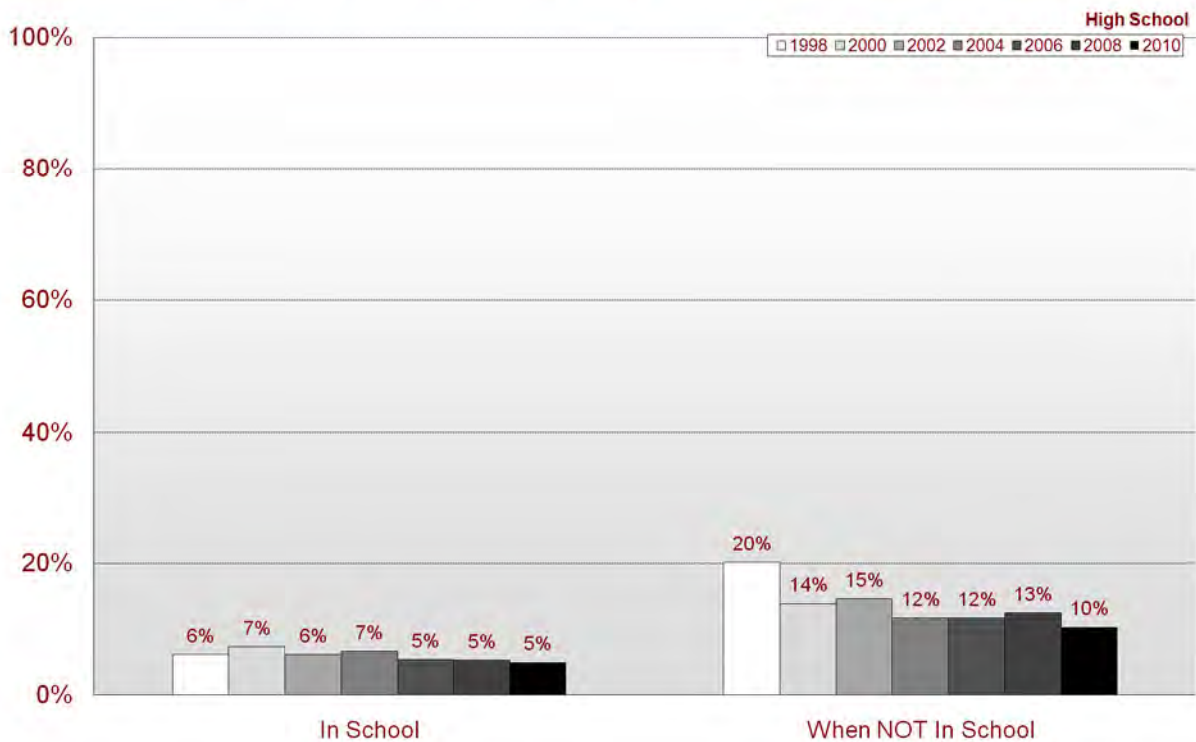
\* Annual Use is any use in the 12 months prior to the survey.

### SELECTED POINTS

- Note that these questions use a 12 month timeframe.
- Two percent (2%) of Newton high school students reported using someone else's prescription medication to get high in the 12 months prior to the survey, 2% used over-the-counter medications to get high, and 3% used "study drugs" to stay awake.
- **Trends:** Trend data reveal decreases since 2004 in use of these substances among Newton high school students: used someone else's prescription medication to get high (6% in 2004, 4% in 2006, 3% in 2008, 2% in 2010); used over-the-counter medications to get high (4%, 3%, 3%, 2%); used "study drugs" to stay awake (7%, 5%, 4%, 3%). Trend data are not available for other years.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Males and females reported similar use of these substances: someone else's prescription medication to get high (2% males, 2% females), over-the-counter medications to get high (2% males, 2% females), "study drugs" to stay awake (2% males, 4% females).
- **Grade:** Use of these substances was generally more common among older students, although the use of over-the-counter medication to get high remained constant: using someone else's prescription to get high (1% among 9<sup>th</sup> graders, 4% among 12<sup>th</sup> graders), using over-the-counter medications to get high (2% among 9<sup>th</sup> graders, 2% among 12<sup>th</sup> graders), and using "study drugs" to stay awake (0.9% among 9<sup>th</sup> graders, 8% among 12<sup>th</sup> graders).
- **Middle School:** The percentage of 2010 Newton 7<sup>th</sup> and 8<sup>th</sup> grade students who used someone else's prescription medication to get high in the 12 months prior to the survey was 0.5%. Rates have remained at 1% or less since 2004. Data are not available for other items or for prior years.

# **Violence and Safety**

## Trends in the Percent of Newton High School Students Who Worry\* About Their Safety ('98, '00, '02, '04, '06, '08, '10)

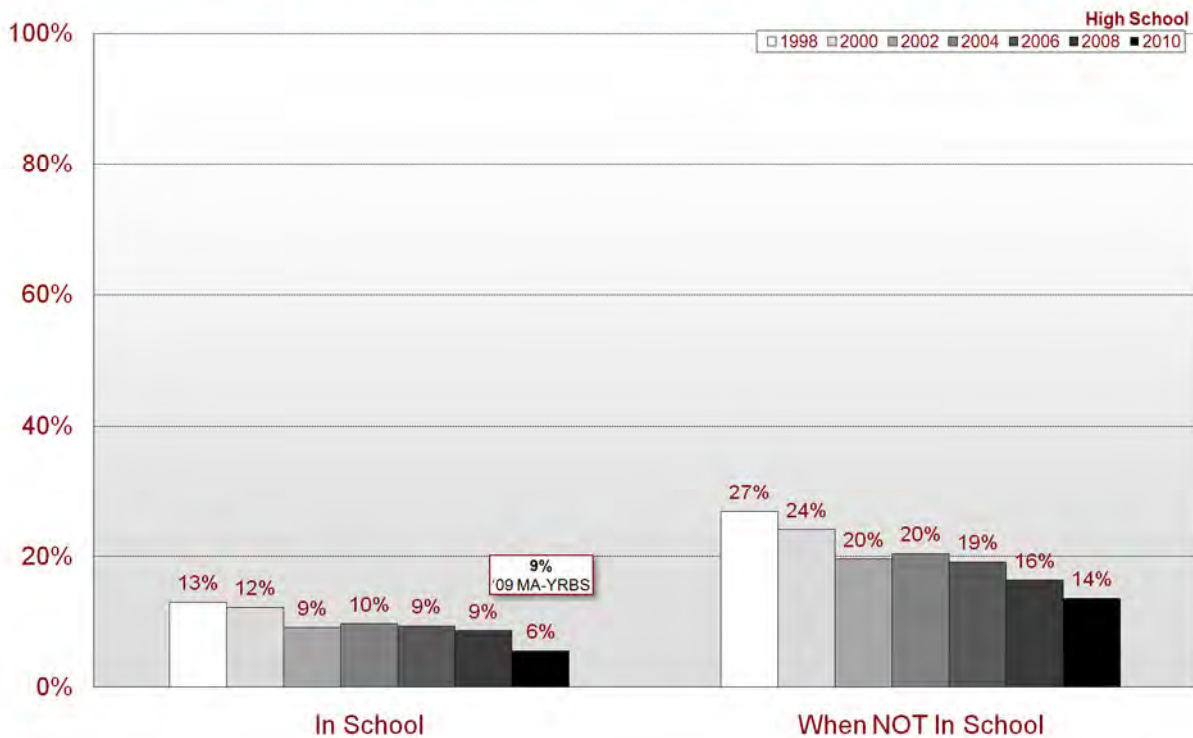


\* Represents a combination of "somewhat worried" and "very worried" responses.

### SELECTED POINTS

- Respondents reported that they worry about their safety more when they are out of school than when they are in school. Five percent (5%) of 2010 Newton high school students reported that they worry about their safety when they are in school, compared to 10% who worry about their safety when they are *not* in school.
- **Trends:** With the exception of a large decrease between 1998 and 2000 in the percentage of Newton high school students who worry about their safety when they are *not* in school, there has been little substantive change over time in concern for safety.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** While there was no difference by gender among 2010 Newton high school students in worrying about safety in school (5% males, 5% females), females were more likely than males to report worrying about their safety when *not* in school (8% males, 13% females).
- **Grade:** The highest percentage of 2010 Newton high school students who reported worrying about their safety both in school and when not in school were in 9<sup>th</sup> grade: in school (6%, 3%, 6%, 5%), when *not* in school (13%, 9%, 11%, 9%).
- **Middle School:** 1998 to 2010 trends for Newton 7<sup>th</sup> and 8<sup>th</sup> grade students are as follows: worried about safety in school (9%, 9%, 7%, 8%, 6%, 6%, 6%), worried about safety when *not* in school (23%, 19%, 22%, 17%, 16%, 18%, 14%).

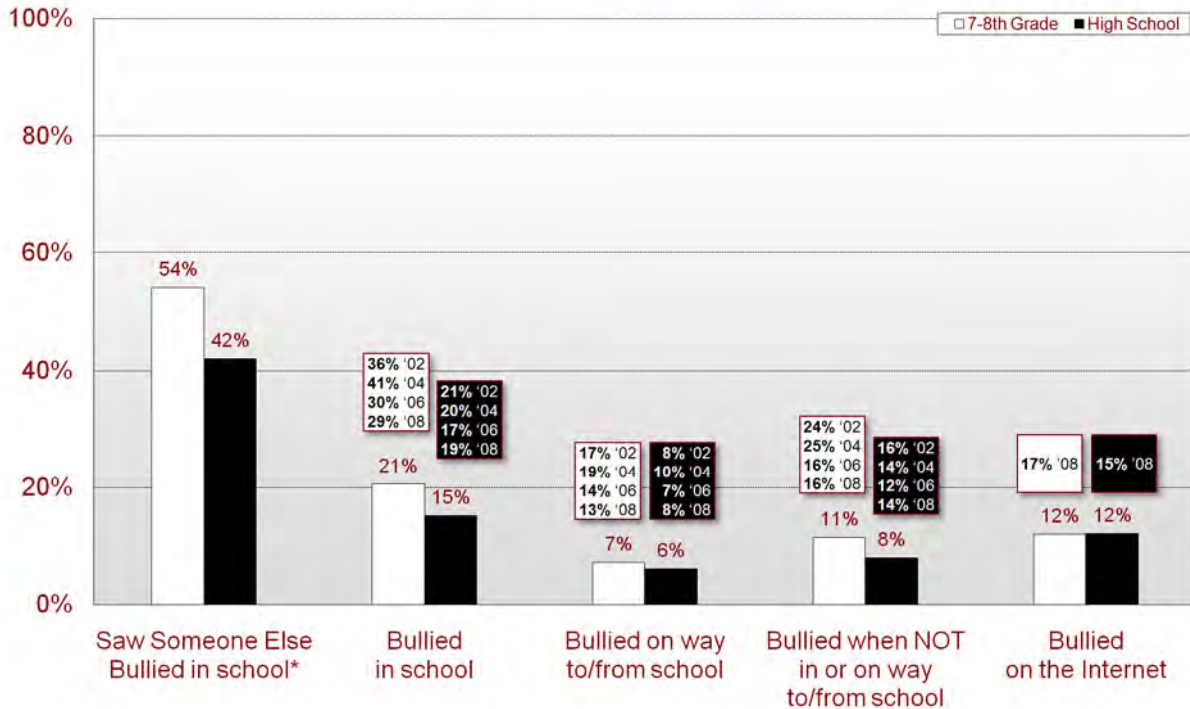
### Trends in the Percent of Newton High School Students Who Were in a Physical Fight in the Past 12 Months ('98, '00, '02, '04, '06, '08, '10)



#### SELECTED POINTS

- Similar to results for concern over safety, respondents were twice as likely to report being in a physical fight when they were out of school than when they were in school. Six percent (6%) of 2010 Newton high school students reported that they were in a physical fight in school in the 12 months prior to the survey, compared to 14% who were in a fight when they were *not* in school.
- **Trends:** There has been an overall decrease since 1998 in levels of physical fighting among Newton high school students, and reported fighting declined between 2008 and 2010 (in school - 9% to 6%, when *not* in school - 16% to 14%).
- **Comparisons:** Newton 2010 high school students (6%) were less likely than 2009 Massachusetts (9%) high school students reported being in a physical fight in school during the 12 months prior to the survey. The MA survey did not ask about fighting when not in school. *MA data from the 2009 MA Youth Risk Behavior Survey*
- **Gender:** Male students in 2010 were much more likely than females to report physical fighting either in school (9% males, 2% females) or when *not* in school (18%, 9%).
- **Grade:** The highest percentage of 2010 Newton high school students who reported fighting both in school and when *not* in school were in 9<sup>th</sup> grade, and fighting in all locations decreased throughout the high school grades: in school (8%, 7%, 4%, 4%), when *not* in school (18%, 14%, 13%, 9%).
- **Middle School:** A decrease in 7-8<sup>th</sup> grade fighting between 2008 and 2010 continues a pattern of overall decline since 1998. 1998 to 2010 trends for Newton 7<sup>th</sup> and 8<sup>th</sup> grade students are as follows: in school (17%, 12%, 13%, 12%, 10%, 7%, 4%), when *not* in school (33%, 31%, 28%, 28%, 21%, 19%, 15%).

## Percent of Newton 7-8<sup>th</sup> Grade and High School Students Who Reported Seeing Someone Else Bullied and Being Bullied Themselves in the Past 30 Days

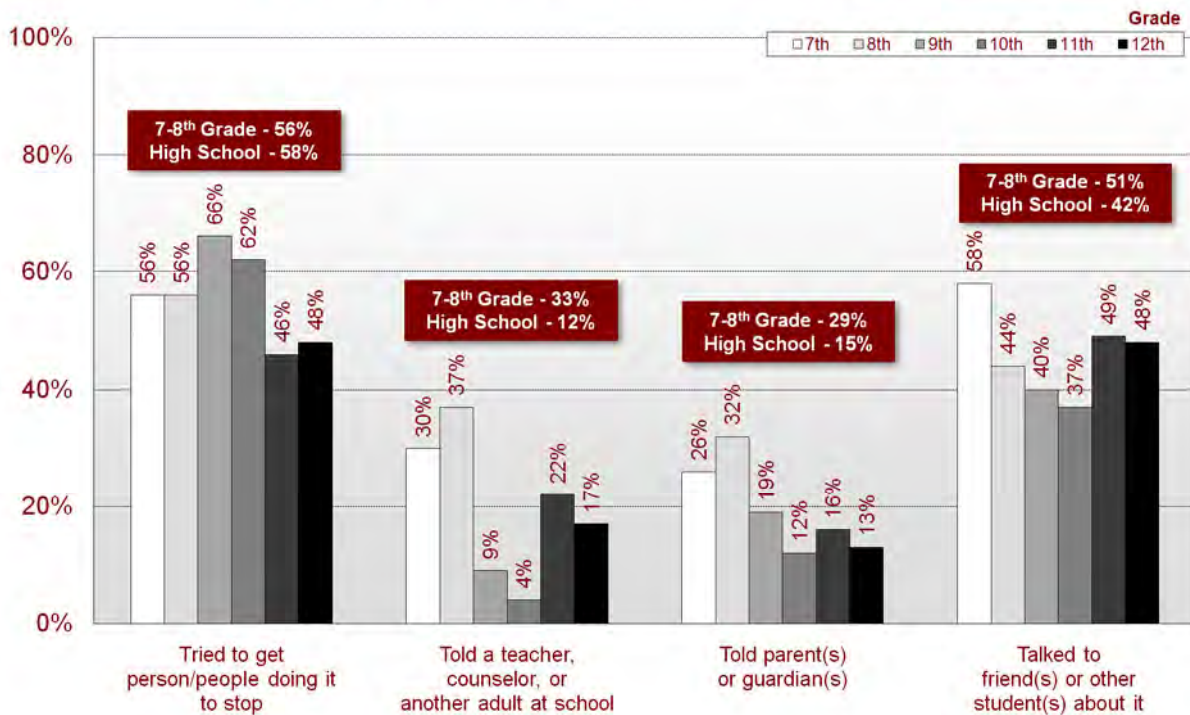


### SELECTED POINTS

- Fifty-four percent (54%) of 7-8<sup>th</sup> grade students and 42% of high school students reported that they saw someone else bullied in school in the 30 days prior to the survey (new item in the 2010 Newton survey).
- In contrast to results related to safety concerns and fighting, respondents were more likely to report being bullied when they were *in* school than when they were *not* in school. Twenty-one percent (21%) of Newton middle school students and 15% of high school students reported that they had been bullied *in* school in the 30 days prior to the survey, compared to 7% of middle schoolers and 6% of high schoolers who were bullied on their way *to or from* school and 11% / 8% who were bullied when they were *neither in nor on their way to/from* school. An item added to the 2008 survey found that 12% of both middle and high school students reported they had been bullied on the Internet in the 30 days prior to the survey.
- Trends:** Rates of reported bullying in all venues decreased between 2008 and 2010, reversing some increases observed between 2006 and 2008, but continuing an overall pattern of decline since 2002: on way to/from school (MS – 17%, 19%, 14%, 13%, 7%; HS – 8%, 10%, 7%, 8%, 6%), in school (MS – 36%, 41%, 30%, 29%, 21%; HS – 21%, 20%, 17%, 19%, 15%), not in or on way to/from school (MS – 24%, 25%, 16%, 15%, 11%; HS – 16%, 14%, 12%, 14%, 8%), on the Internet (MS – 17% in 2008, 12% in 2010; HS – 15% in 2008, 12% in 2010). Data for 1998 and 2000 are not available.
- Comparisons:** Comparative data for Massachusetts are not available.
- Gender:** Male students were slightly more likely than females to report seeing someone else bullied in school (MS – 55% males, 52% females; HS – 43% males, 40% females), as well as being bullied in school (MS – 23%, 18%; HS – 17%, 14%) and on their way to/from school (MS – 9%, 6%; HS – 6%, 6%). Females were more likely than males to report being bullied when they were neither in school nor on their way to/from school (MS – 10%, 12%; HS – 7%, 9%) and on the Internet (MS – 8%, 16%; HS – 10%, 14%).
- Grade:** Newton 8<sup>th</sup> graders were generally most likely to report seeing bullying and being bullied and reports decreased throughout the high school grades: saw someone else bullied in school (47% 7<sup>th</sup> grade, 60% 8<sup>th</sup> grade, 47% 9<sup>th</sup> grade, 44% 10<sup>th</sup> grade, 39% 11<sup>th</sup> grade, 37% 12<sup>th</sup> grade); bullied on way to/from school (7%, 8%, 7%, 8%, 6%, 5%), bullied in school (18%, 23%, 18%, 18%, 15%, 10%), neither in school nor on way to/from school (12%, 11%, 9%, 8%, 7%, 7%), on the Internet (10%, 14%, 12%, 14%, 12%, 10%).



## Response Last Time You Were Bullied In School in the Past 30 Days\*, by Grade – Multiple Responses Possible (2010)



### SELECTED POINTS

- Respondents who been bullied in school in the 30 days prior to the survey were asked how they responded the last time it happened (multiple responses were possible). Respondents in all grades were generally most likely to report trying to get the person/people doing it to stop, followed by talking to a friend about it, telling a school adult, and telling a parent/guardian.

- **Trends:** As this was a new item in the 2010 survey, trend data are not available.

- **Comparisons:** Comparative data for Massachusetts are not available.

- **Gender:** Differing responses by gender to the last episode of being bullied are as follows (*italics identified higher percentage*):

Tried to get the person/people doing it to stop

MS – 62% *males*, 50% *females*

HS – 68% *males*, 48% *females*

Told a teacher, counselor, or another adult at school

MS – 26% *males*, 41% *females*

HS – 9% *males*, 14% *females*

Told a parent/guardian

MS – 33% *males*, 24% *females*

HS – 15% *males*, 16% *females*

Talked to friends or other students about it

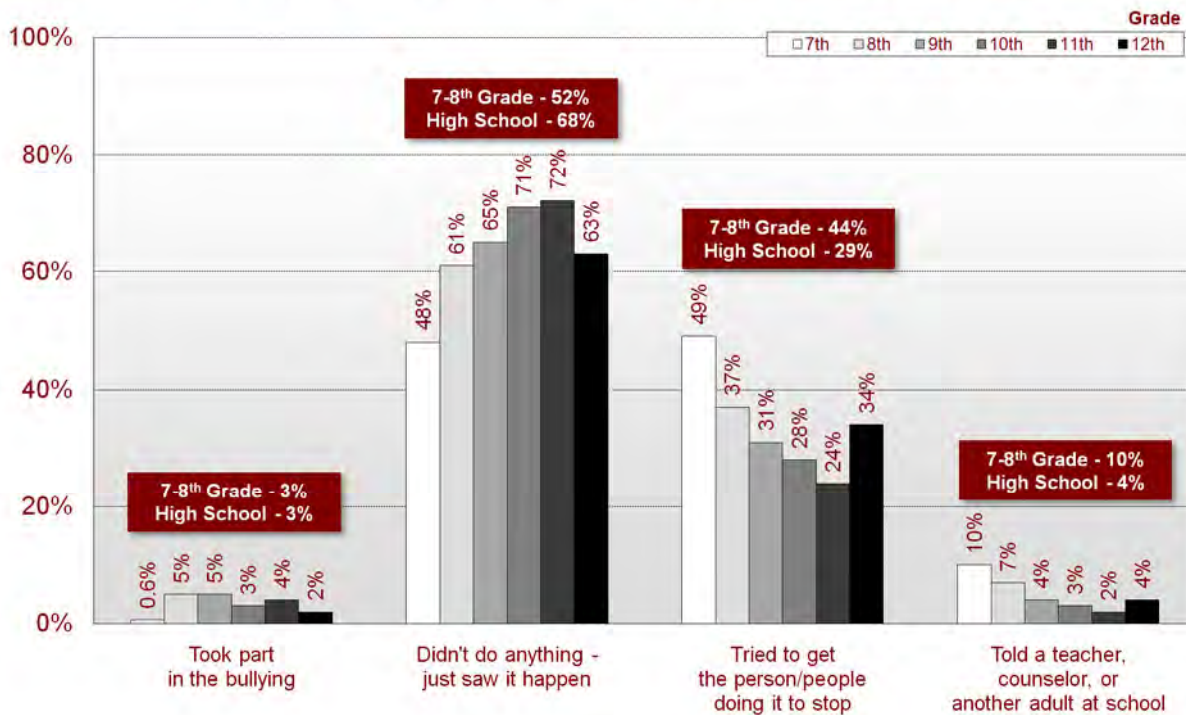
MS – 33% *males*, 69% *females*

HS – 29% *males*, 53% *females*

- **Grade:** As displayed in the chart, the reported response to bullying varied considerably with age/grade, with middle school students generally more likely to report a response to being bullied that involved telling a trusted school or family adult what happened. Of particular note is the comparatively low level of telling a trusted school adult among 9<sup>th</sup> and 10<sup>th</sup> graders.



## Response Last Time You Saw Someone Else Bullied In School in the Past 30 Days\*, by Grade – Multiple Responses Possible (2010)



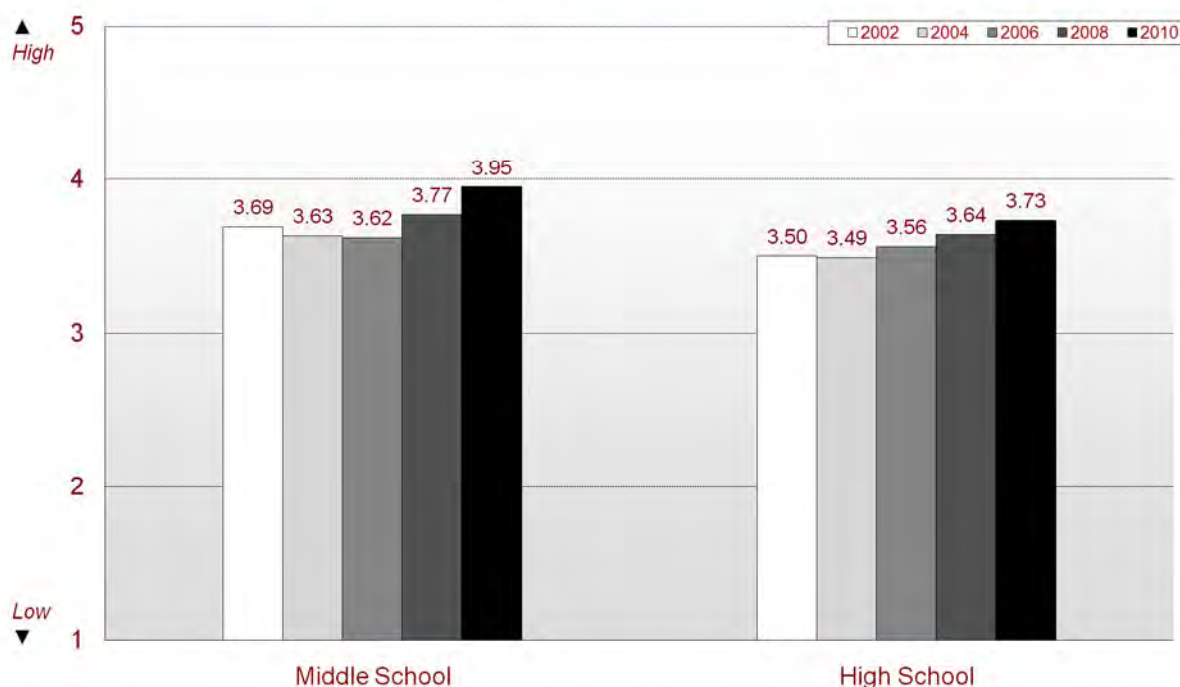
\* New item in the 2010 Newton survey.

### SELECTED POINTS

- Respondents who had seen someone else bullied in school in the 30 days prior to the survey were asked how they responded the last time it happened (multiple responses were possible). Respondents in all grades were generally most likely to report not doing anything (just seeing it happen), followed by trying to get the person/people doing it to stop, telling a school adult, and taking part in the bullying.
- **Trends:** As this was a new item in the 2010 survey, trend data are not available.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** A greater percentage of females than males reported that they told a trusted school adult about the last bullying incident that they witnessed in school, while a greater percentage of males reported joining in the bullying. Both were equally likely to report doing nothing or trying to get the bully to stop. Results by gender are: took part in the bullying (MS – 4% males, 1% females; HS – 4% males, 2% females); did nothing (MS – 58% males, 51% females; HS – 68% males, 67% females); tried to get the person/people doing it to stop (MS – 42% males, 44% females; HS – 29% males, 29% females); told a teacher, counselor, or another adult at school (MS – 3% males, 14% females; HS – 2% males, 5% females).
- **Grade:** As displayed in the chart, middle school students were more likely than high school students to report active bystander behavior, such as telling the bully to stop and telling a school adult. The percentage of Newton students who reported joining in the last time they saw someone else being bullied in school remained fairly consistent with age/grade at 5% or below, while the percentage who reporting not doing anything and just watching increased through grade 11, and the percentage who tried to intervene and who told a trusted school adult declined through grade 11. Of note is the higher level of active bystander behavior among 12<sup>th</sup> graders in comparison with other high school students.

# **Mental Health**

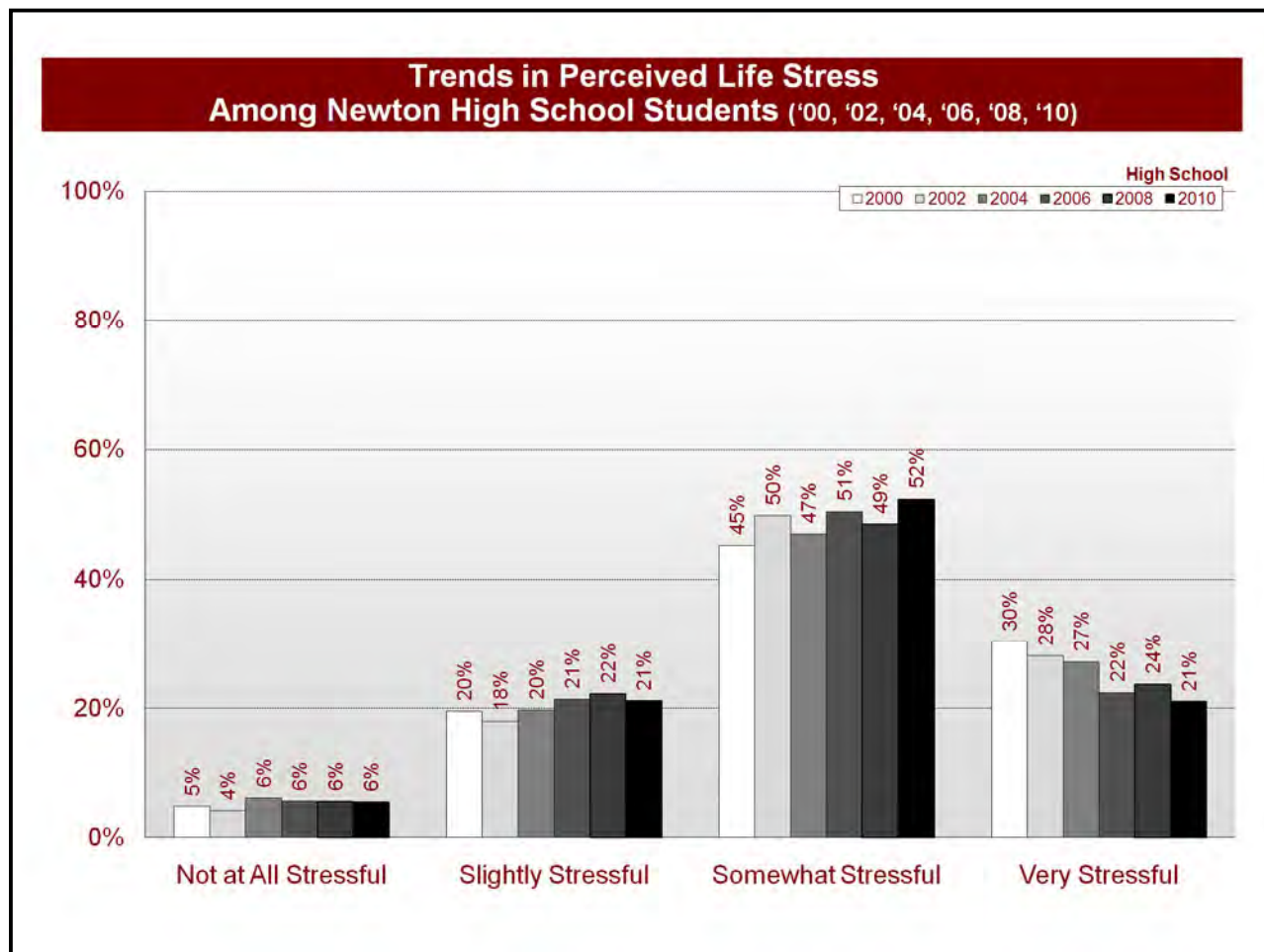
### Trends in School Connectedness\* for Newton Middle\*\* and High School Students ('02, '04, '06, '08, '10)



\* Beginning in 2002, the Newton Youth Risk Behavior Survey contained the set of five items from the National Longitudinal Survey that compose a school connectedness scale. Scale items address student perception of feeling close to people at the school, feeling like a part of the school, being happy to be at the school, feeling like teachers treat students fairly, and feeling safe in the school. Mean scores range from a low of 1 (less attachment) to a high of 5 (more attachment).  
 \*\* Middle school data includes all students in grades 6, 7, and 8.

#### SELECTED POINTS

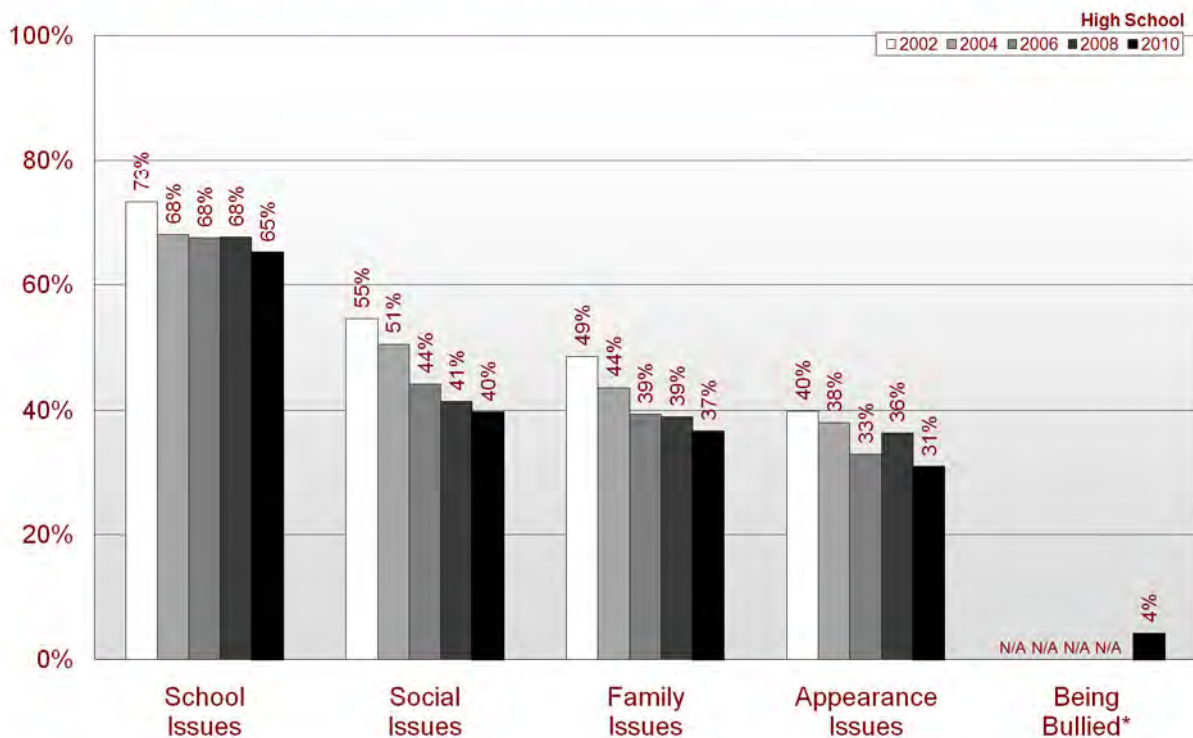
- Beginning in 2002, the Newton Youth Risk Behavior Survey contained a set of five items from the National Longitudinal Survey that compose a school connectedness scale. Scale items address student perception of feeling close to people at the school, feeling like a part of the school, being happy to be at the school, feeling like teachers treat students fairly, and feeling safe in the school. Mean scores range from a low of 1 (less attachment) to a high of 5 (more attachment). Note that in this chart, middle school data is for all students in grades 6, 7, and 8.
- Trends:** Average Newton school connectedness at both the middle and high school levels increased between 2008 and 2010, continuing a pattern of improvement since 2004.
- Comparisons:** Comparative data for Massachusetts are not available.
- Gender:** Newton 2010 middle school females (4.01) reported a higher average level of school connectedness than males (3.87). There was virtually no difference at the high school level (3.74 males, 3.72 females).
- Grade:** The overall level school connectedness among Newton middle school students (3.95) was higher than the level among high school students (3.73), and there was a slight but steady decrease in school connectedness from grade 6 through 11: 6<sup>th</sup> = 4.04, 7<sup>th</sup> = 3.95, 8<sup>th</sup> = 3.86, 9<sup>th</sup> = 3.78, 10<sup>th</sup> = 3.75, 11<sup>th</sup> = 3.68, 12<sup>th</sup> = 3.71.



### SELECTED POINTS

- In 2010, 6% of Newton high school students described their lives as *not at all stressful*, 21% as *slightly stressful*, 52% as *somewhat stressful*, and 21% as *very stressful*.
- **Trends:** The percentage of students who described their lives as either *somewhat* or *very stressful* has showed little change between 2000 (75%) and 2010 (73%). The percentage who describe life as *very stressful* has shown the greatest change in that time, dropping from 30% in 2000 to 21% in 2010. Data for 1998 are not available.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female students in 2010 (83%) were much more likely than males (63%) to describe their lives as either *somewhat* or *very stressful*.
- **Grade:** The percentage of 2010 Newton high school students who described their lives as *somewhat* or *very stressful* increased with age/grade (64%, 74%, 78%, 78%).
- **Middle School:** Perceived stress was lower among middle school students, with 41% of 2010 Newton 7<sup>th</sup> graders and 53% of 8<sup>th</sup> graders describing their lives as *somewhat* or *very stressful*. In 2002, 51% of Newton 7<sup>th</sup> and 8<sup>th</sup> graders described their lives this way compared to 48% in 2004, 47% in 2006, 50% in 2008, and 47% in 2010. Data for 1998 and 2000 are not available.

## Trends in the Percent of Newton High School Students Who Worry Often or Almost Every Day About Various Issues ('02, '04, '06, '08, '10)



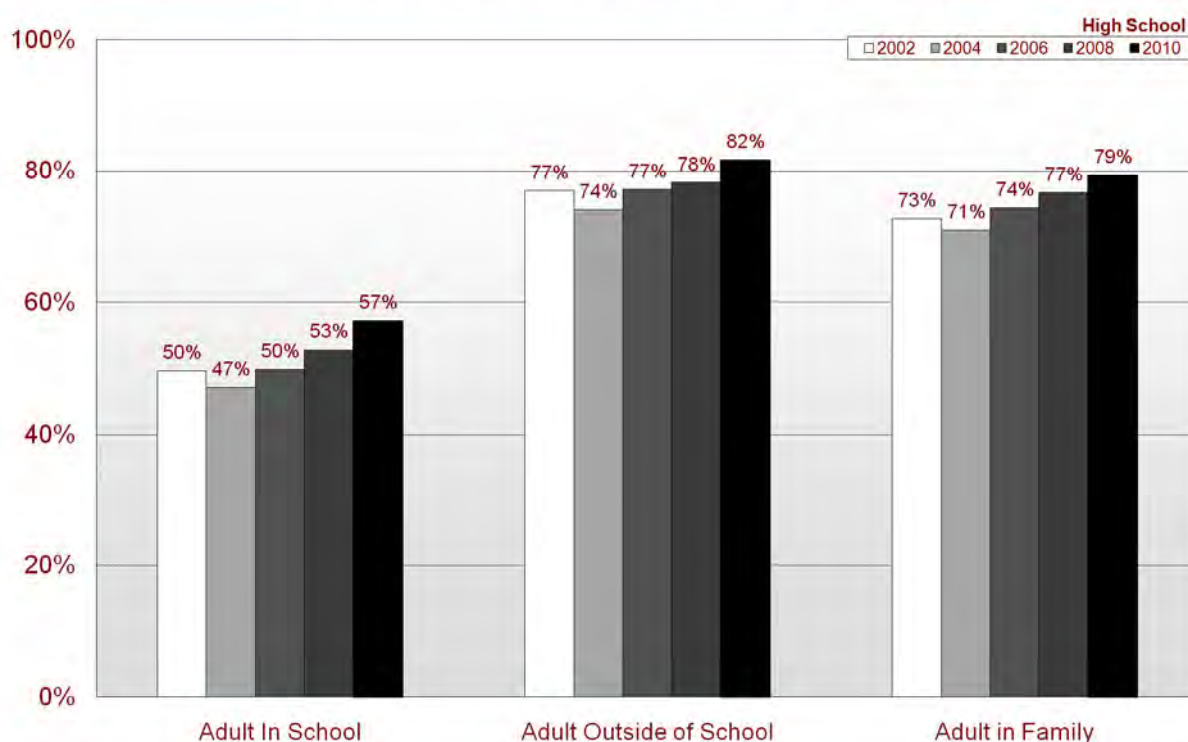
\* New item in the 2010 Newton survey.

### SELECTED POINTS

- In 2010, Newton high school students reported worrying most about school issues (65%), followed by social issues (40%), family issues (37%), appearance issues (31%), and being bullied (4% - new item).
- **Trends:** There has been an overall decrease in the percentage of Newton high school students who reported worrying often or almost every day about these issues since 2002, with levels remaining largely consistent since 2006. Data for 1998 and 2000 are not available, nor are data for the new item regarding concern over being bullied.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female students in 2010 were more likely than males to report frequent worrying about each of these issues: school issues (55% males, 75% females), social issues (34%, 45%), family issues (25%, 37%), appearance issues (24%, 48%), being bullied (4%, 5%).
- **Grade:** The percentage of 2010 Newton high school students who reported worrying frequently about these issues generally increased with age/grade throughout the high school years, peaking in grade 11: school issues (55%, 66%, 71%, 69%), social issues (32%, 39%, 45%, 44%), family issues (25%, 29%, 36%, 34%), appearance issues (30%, 36%, 42%, 39%), being bullied (5%, 4%, 5%, 3%).
- **Middle School:** Concern about these issues was comparatively lower among 2010 Newton 7<sup>th</sup> and 8<sup>th</sup> graders: school issues (7<sup>th</sup> - 40%, 8<sup>th</sup> - 57%), social issues (18%, 28%), family issues (17%, 23%), appearance issues (18%, 26%), being bullied (3%, 4%). Trend data since 2002 are as follows: school issues (51%, 49%, 49%, 44%, 48%), social issues (39%, 35%, 31%, 32%, 23%), family issues (27%, 26%, 21%, 22%, 20%), appearance issues (36%, 31%, 27%, 29%, 22%). Data for 1998 and 2000 are not available, nor are data for the new item regarding concern over being bullied.



### Trends in the Percent of Newton High School Students Who Report Having Adults to Talk with If They Have a Problem ('02, '04, '06, '08, '10)

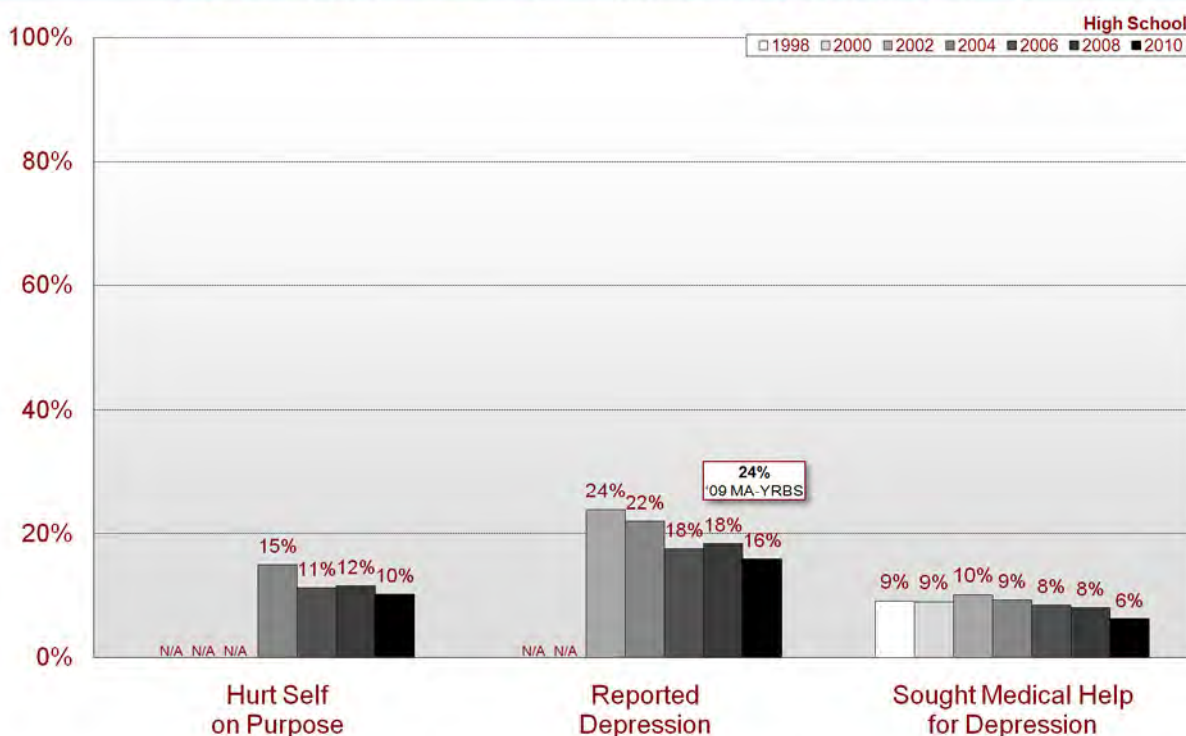


#### SELECTED POINTS

- In 2010, just over half (57%) of Newton high school students reported that there was a trusted school adult that they could go to with a personal problem. Larger percentages reported having an adult outside of school (82%) or a family adult (79%) to talk to.
- **Trends:** The percentage of Newton high school students who reported having each type of adult support increased between 2008 and 2010, sustaining gains observed between 2004 and 2008: adult in school (50%, 47%, 50%, 53%, 57%), adult outside of school (77%, 74%, 77%, 78%, 82%), family adult (73%, 71%, 74%, 77%, 79%). Data for 1998 and 2000 are not available.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** There was little difference by gender in 2010 in reported adult support: school adult (57% males, 57% females), adult outside of school (81%, 82%), family adult (80%, 79%).
- **Grade:** Perceived adult support among 2010 Newton high school students varied little with age/grade, although 12<sup>th</sup> graders were more likely than other students to report having such support: school adult (54%, 53%, 54%, 68%), adult outside of school (85%, 80%, 78%, 83%), family adult (81%, 80%, 77%, 80%).
- **Middle School:** 2002 to 2010 trends in perceived support for Newton 7<sup>th</sup> and 8<sup>th</sup> graders are as follows – of particular note is the large increase in perceived support of a school adult: school adult (53%, 50%, 49%, 45%, 66%), adult outside of school (79%, 79%, 82%, 81%, 84%), family adult (80%, 77%, 82%, 82%, 86%). Data for 1998 and 2000 are not available.



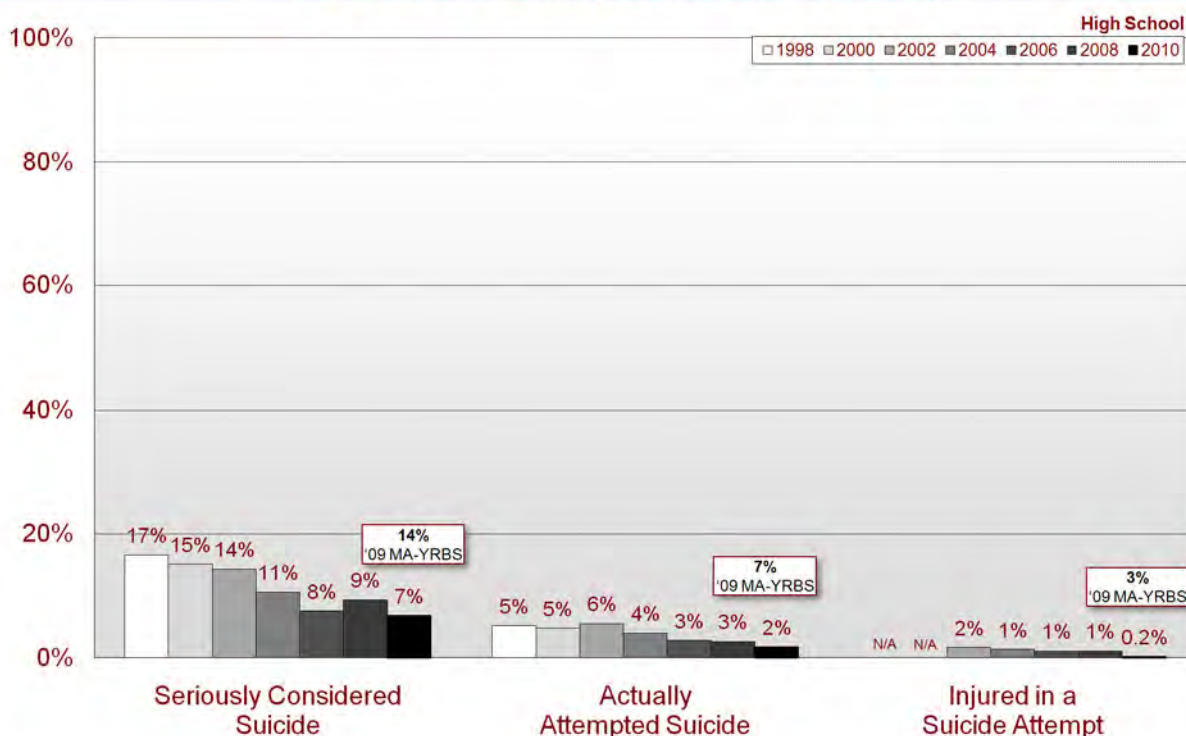
## Trends in the Percent of Newton High School Students Who Reported Hurting Themselves on Purpose, Being Depressed, and Seeking Medical Help for Depression in the Past 12 Months ('98, '00, '02, '04, '06, '08, '10)



### SELECTED POINTS

- Ten percent (10%) of 2010 Newton high school students reported that they hurt themselves on purpose (e.g., cutting, burning) in the 12 months prior to the survey, while 16% reported experiencing depression and 6% sought medical help for depression.
- **Trends:** Overall, the percent of Newton high school students reporting each of these issues decreased between 2008 and 2010: self-harm (12% to 10%), depression (18% to 16%), seeking medical help for depression (8% to 6%).
- **Comparisons:** A smaller percentage of 2010 Newton than 2009 Massachusetts high school students reported experiencing depression (16% Newton, 24% Massachusetts) in the 12 months prior to the survey. Massachusetts data for self harm and seeking medical help for depression are not available. *MA data from the 2009 MA Youth Risk Behavior Survey*
- **Gender:** In 2010, Newton females were more likely than males to have reported any of these issues: hurt self on purpose (6% males, 14% females), reported depression (12%, 20%), sought medical help for depression (5%, 8%).
- **Grade:** The percentage of 2010 Newton high school students who reported each of these issues varied with age/grade: hurt themselves on purpose (10%, 12%, 11%, 8%), experienced depression (13%, 15%, 20%, 16%), sought medical help for depression (3%, 5%, 8%, 8%).
- **Middle School:** These mental health issues were less common among 7<sup>th</sup> and 8<sup>th</sup> grade students: self-harm (7<sup>th</sup> - 5%, 8<sup>th</sup> - 5%), reported depression (6%, 9%). Trend data reveal decreases since 2004 in self-harm (10% in 2004, 6% in 2006, 7% in 2008, 5% in 2010) and reported depression (16% in 2002, 14% in 2004, 12% in 2006, 9% in 2008, 8% in 2010). Data for 1998 and 2000 are not available and middle school students were not asked about seeking medical help for depression.

## Trends in the Percent of Newton High School Students Who Reported Considering and Attempting Suicide, and Being Injured in a Suicide Attempt in the Past 12 Months ('98, '00, '02, '04, '06, '08, '10)

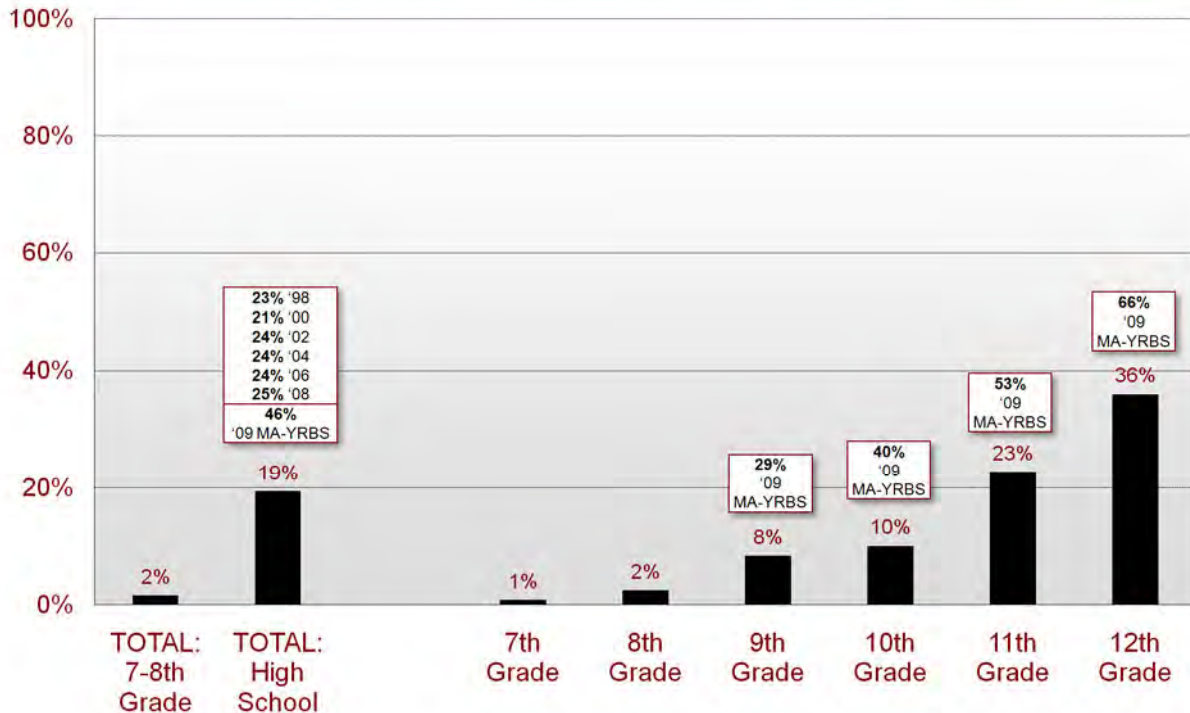


### SELECTED POINTS

- Seven percent (7%) of 2010 Newton high school students reported that seriously considered suicide in the 12 months prior to the survey, 2% actually attempted suicide, and 0.2% were injured in a suicide attempt and had to receive medical treatment.
- **Trends:** Overall, there has been a decrease since 1998 in reported suicidal ideation and behavior among Newton high school students.
- **Comparisons:** A smaller percentage of 2010 Newton than 2009 Massachusetts high school students reported considering suicide (7% Newton, 14% MA), attempting suicide (2%, 7%), or being injured in a suicide attempt (0.2%, 3%). *MA data from the 2009 MA Youth Risk Behavior Survey*
- **Gender:** Newton 2010 high school females were somewhat more likely than males to report suicidal ideation and behavior: considered (5% males, 9% females), attempted (1%, 2%), injured in a suicide attempt (0.1%, 0.2%).
- **Grade:** The percentage of 2010 Newton high school students who reported each of these suicidal ideations and behaviors remained fairly consistent across grades: considered (6%, 8%, 6%, 7%), attempted (2%, 2%, 2%, 1%), injured in a suicide attempt (0%, 0.7%, 0%, 0%).
- **Middle School:** These mental health issues were less common among Newton 7<sup>th</sup> and 8<sup>th</sup> grade students: considered (7<sup>th</sup> - 4%, 8<sup>th</sup> - 7%) and attempted suicide (0.7%, 1%). Previously higher between 1998 and 2004, the percentage of Newton 7<sup>th</sup> and 8<sup>th</sup> graders who reported these issues remained at or below previous levels in 2010: considered suicide (13%, 13%, 12%, 10%, 6%, 7%, 5%), attempted suicide (3%, 4%, 3%, 2%, 1%, 1%, 0.9%). The middle school survey did not ask about being injured in a suicide attempt.

# **Sexual Behavior**

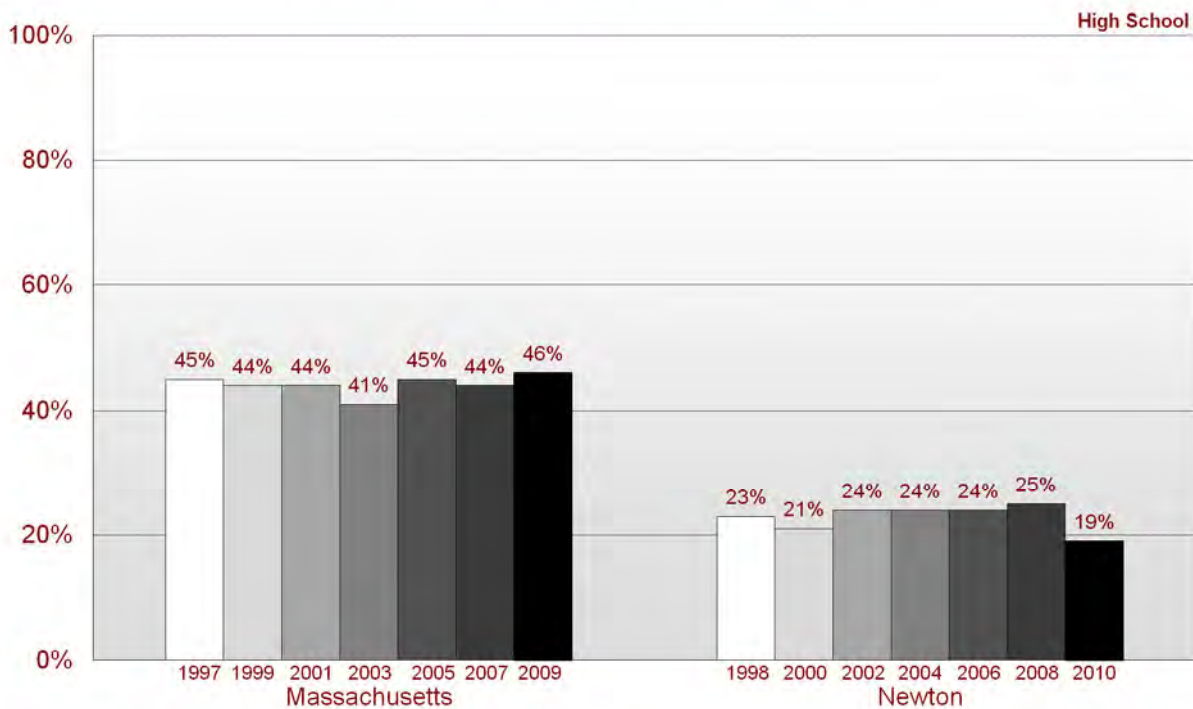
### Percent of Newton 7-8<sup>th</sup> Grade and High School Students Who Have Ever Had Sexual Intercourse, Total and by Grade (2010)



#### SELECTED POINTS

- In 2010, 2% of Newton 7<sup>th</sup> and 8<sup>th</sup> graders and 19% of high school students reported ever having sexual intercourse.
- **Trends:** While there had been little previous change between 1998 and 2008 in the percent of Newton high school students who have ever had sexual intercourse, the 2010 rate represents a decline (23%, 21%, 24%, 24%, 24%, 25%, 19%).
- **Comparisons:** A much smaller percentage of 2010 Newton (19%) than 2009 Massachusetts (46%) high school students reported ever having sexual intercourse. This difference is consistent across all grades (9<sup>th</sup> - 8% Newton, 29% MA; 10<sup>th</sup> - 10% Newton, 40% MA; 11<sup>th</sup> - 23% Newton, 53% MA; 12<sup>th</sup> - 36% Newton, 66% MA). *MA data from the 2009 MA Youth Risk Behavior Survey*
- **Gender:** A larger percentage of 2010 Newton high school males (21%) than females (18%) reported ever having sexual intercourse.
- **Grade:** As displayed in the chart, the percent of students who reported ever having sexual intercourse increased with age/grade between 7<sup>th</sup> and 12<sup>th</sup> grade (1%, 2%, 8%, 10%, 23%, 36%).
- **Middle School:** The percent of Newton 7<sup>th</sup> and 8<sup>th</sup> grade students who reported ever having sexual intercourse has decreased since 1998 (7%, 5%, 5%, 4%, 4%, 3%, 2%).

## Trends in the Percent of Newton and Massachusetts\* High School Students\*\* Who Have Ever Had Sexual Intercourse



\* Massachusetts high school data are from the MA Youth Risk Behavior Survey conducted by the MA Department of Education in Spring of 1997, 1999, 2001, 2003, 2005, 2007, and 2009.

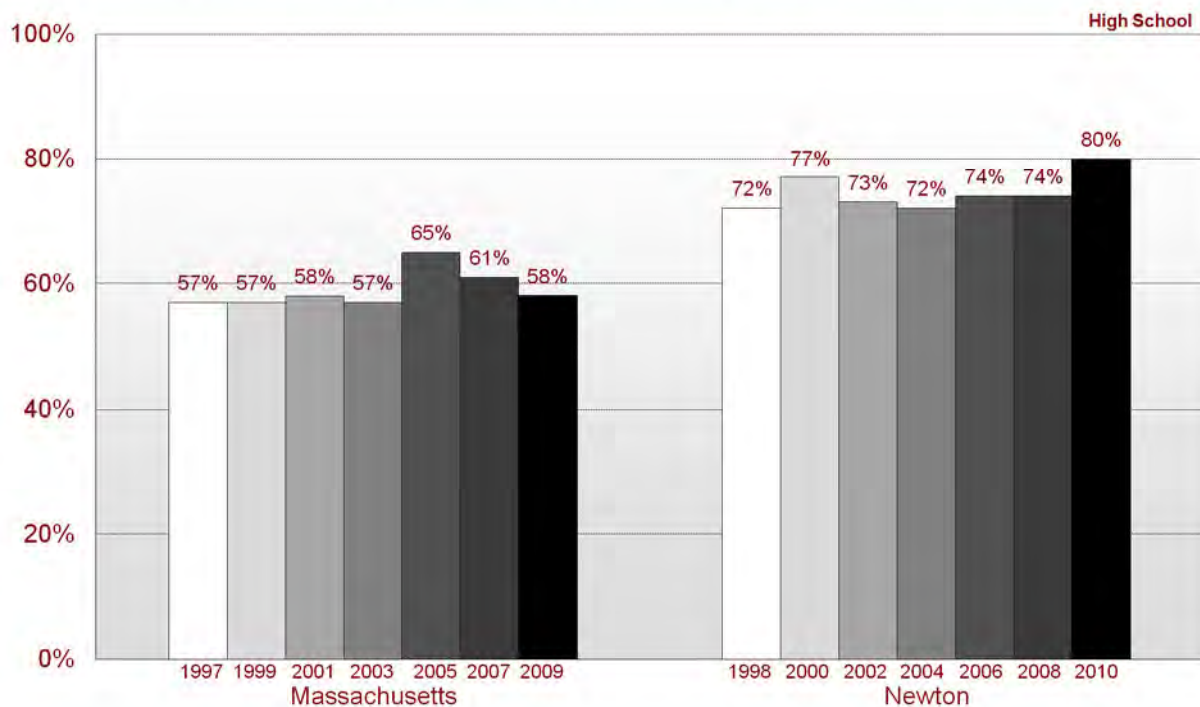
\*\* Trend data for Newton 7-8<sup>th</sup> grade students are as follows: 7% in 1998, 5% in 2000, 5% in 2002, 4% in 2004, 4% in 2006, 3% in 2008, and 2% in 2010.

### SELECTED POINTS

- The reported level of lifetime sexual intercourse among Newton high school students has remained well below the statewide level in comparative years:
  - 23% Newton 1998 vs. 45% MA 1997
  - 21% Newton 2000 vs. 44% MA 1999
  - 24% Newton 2002 vs. 44% MA 2001
  - 24% Newton 2004 vs. 41% MA 2003
  - 24% Newton 2006 vs. 45% MA 2005
  - 25% Newton 2008 vs. 44% MA 2007
  - 19% Newton 2010 vs. 46% MA 2009



## Trends in the Percent of Sexually Active Newton and Massachusetts\* High School Students Who Used a Condom the Last Time They Had Sexual Intercourse



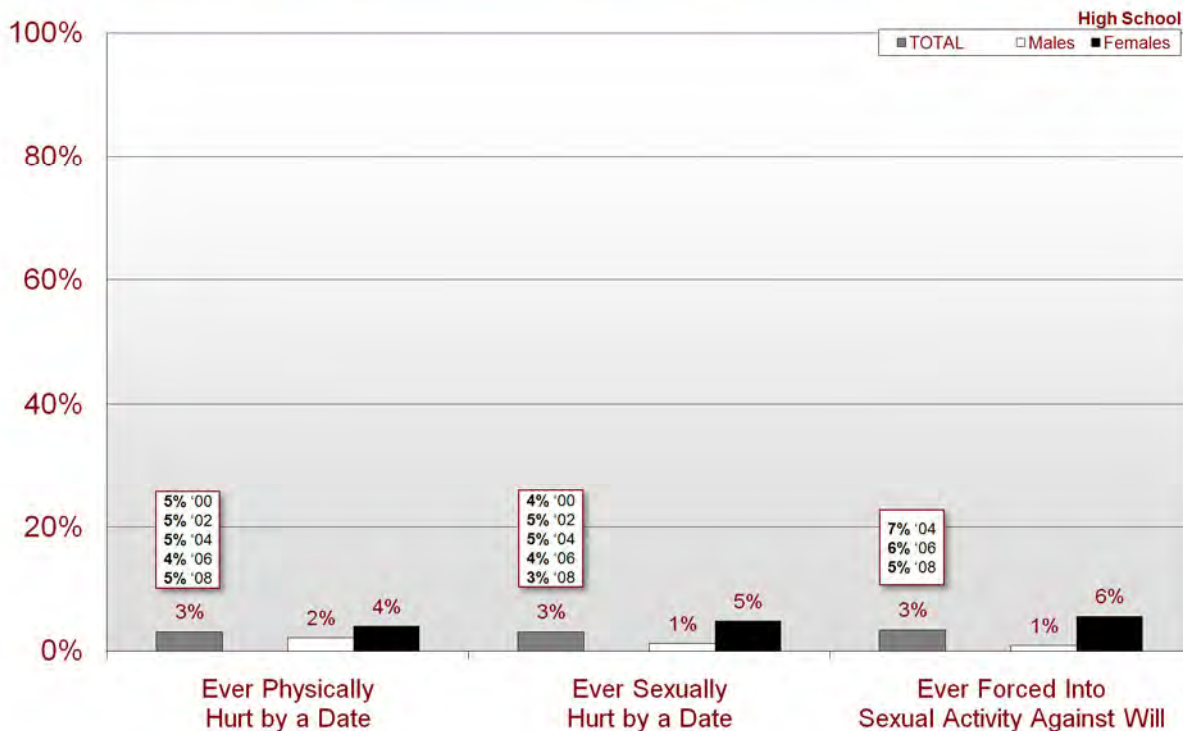
\* Massachusetts high school data are from the MA Youth Risk Behavior Survey conducted by the MA Department of Education in Spring of 1997, 1999, 2001, 2003, 2005, 2007, and 2009.

### SELECTED POINTS

- In 2010, 80% of sexually active Newton high school students indicated that they or their partner used a condom the last time they had sexual intercourse.
- **Trends:** With the exception of a jump in 2000, there had been little overall change between 1998 and 2008 in the percent of sexually active Newton high school students who reported using a condom at last intercourse. The 2010 rate of 80% represents an increase over prior levels (72%, 77%, 73%, 72%, 74%, 74%, 80%).
- **Comparisons:** The reported use of condoms at last intercourse by sexually active Newton youth has consistently remained well above the statewide high school average: 72% Newton 1998 vs. 57% MA 1997, 77% Newton 2000 vs. 57% MA 1999, 73% Newton 2002 vs. 58% MA 2001, 72% Newton 2004 vs. 57% MA 2003, 74% Newton 2006 vs. 65% MA 2005, 74% Newton 2008 vs. 61% MA 2007, 80% Newton 2010 vs. 58% MA 2009. *MA data from the MA Youth Risk Behavior Survey*
- **Gender:** In 2010, roughly the same percentage of sexually active Newton high school males (80%) and females (79%) reported that they or their partner used a condom the last time they had sexual intercourse.
- **Grade:** In 2010, the percent of sexually active Newton high school students who reported using a condom during their last intercourse remained largely consistent in each grade: 84% in 9<sup>th</sup> grade, 79% in 10<sup>th</sup> grade, 80% in 11<sup>th</sup> grade, and 79% in 12<sup>th</sup> grade.



### Percent of Newton High School Students Who Reported Ever Being Hurt by a Date or Forced Into Sexual Activity, Total and by Gender (2010)

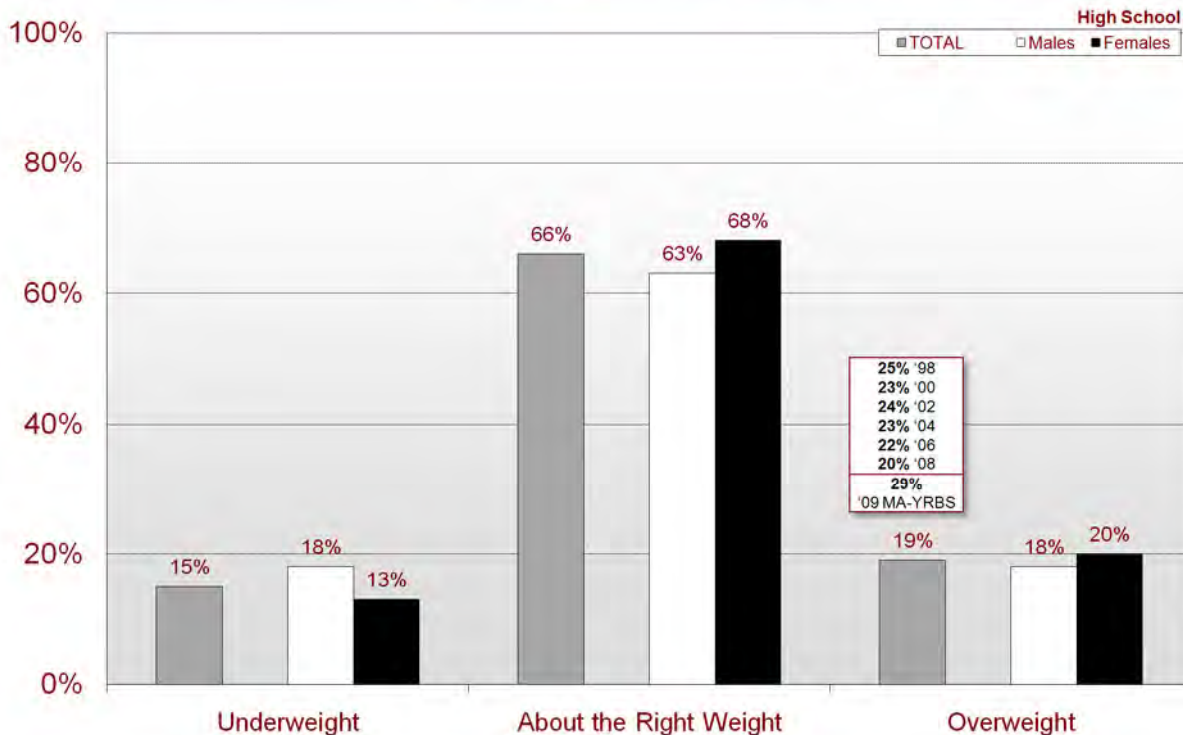


#### SELECTED POINTS

- Three percent (3%) of 2010 Newton high school students reported ever being physically hurt by a date or someone they were going out with and 3% were hurt sexually. Three percent (3%) reported ever being forced into sexual activity against their will.
- **Trends:** Trend data reveal little substantive change since 2000 in the percent of Newton high school students who reported being hurt physically hurt by a date or someone they were going out with (5%, 5%, 5%, 4%, 5%, 3%), sexually hurt by a date or someone they were going out with (4%, 5%, 5%, 4%, 3%, 3%), and/or forced into sexual activity against their will (7% in 2004, 6% in 2006, 5% in 2008, 3% in 2010).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female students were more likely to report each of these experiences, particularly sexual violence: ever physically hurt by a date (2% males, 4% females), ever sexually hurt by a date (1%, 5%), ever forced into sexual activity against will (0.9%, 6%).
- **Grade:** Reports of these experiences remained fairly consistent across ages/grades among Newton high school students: ever physically hurt by a date (2%, 3%, 4%, 4%), ever sexually hurt by a date (2%, 3%, 4%, 4%), ever forced into sexual activity against will (3%, 2%, 5%, 4%).
- **Middle School:** Two percent (2%) of 2010 Newton 7<sup>th</sup> and 8<sup>th</sup> graders reported ever being forced into sexual activity against their will – 1% of 7<sup>th</sup> graders and 2% of 8<sup>th</sup> graders. Trend data are as follows: 4% in 2004, 3% in 2006, 1% in 2008, 2% in 2010. Data are not available for other items or years.

# **Weight and Physical Activity**

## Perception of Body Weight by Newton High School Students, Total and by Gender (2010)



### SELECTED POINTS

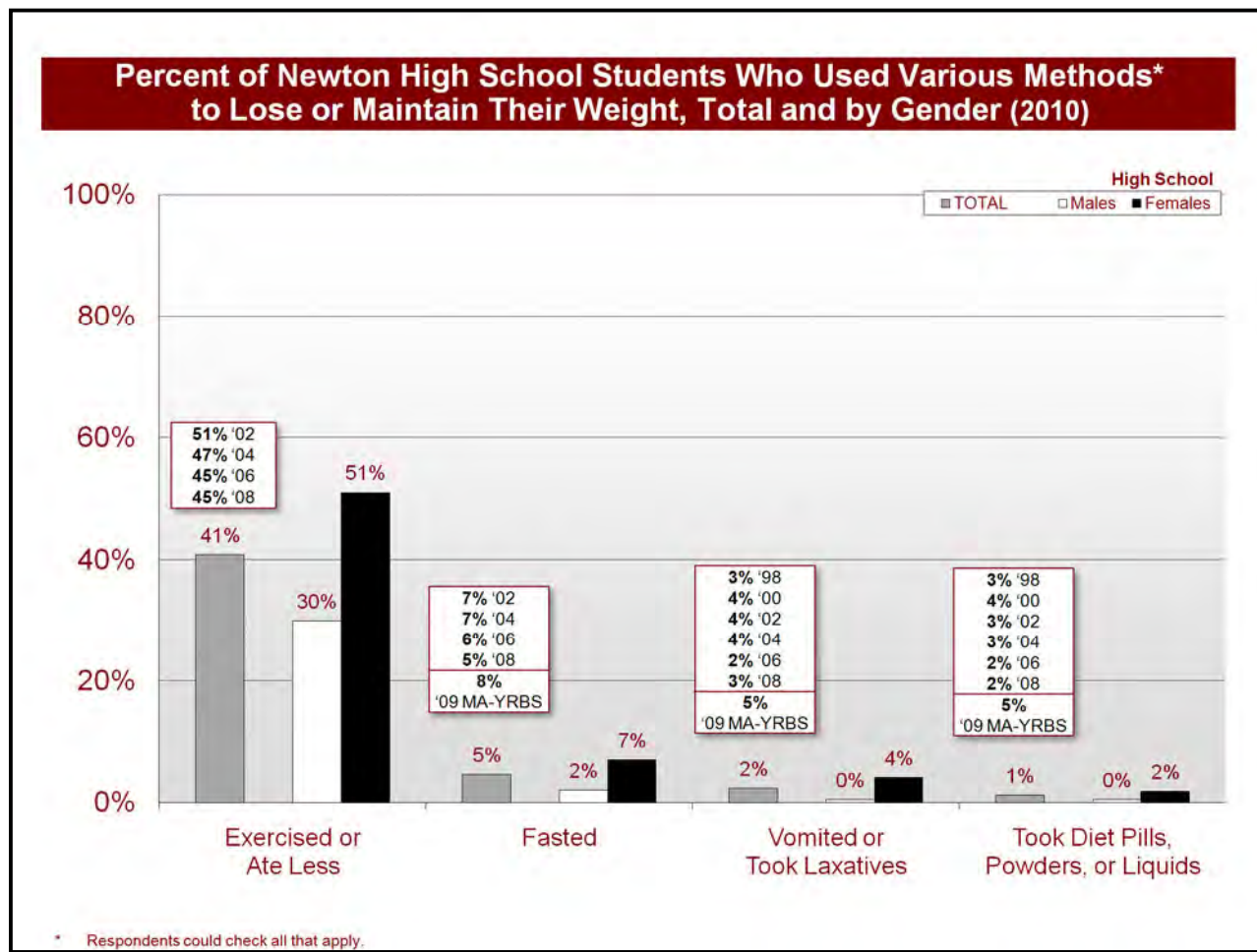
- Fifteen percent (15%) of 2010 Newton high school students described themselves as *underweight*, 66% as *about the right weight*, and 19% as *overweight*.
- Thirteen percent (13%) of Newton high school females described themselves as *underweight* compared to 18% of males, 68% as *about the right weight* compared to 63% of males, and 20% as *overweight* compared to 18% of males.
- **Trends:** The percent of Newton high school students who described themselves as *overweight* has decreased since 1998 (25%, 23%, 24%, 23%, 22%, 20%, 19%).
- **Comparisons:** A smaller percentage of 2010 Newton (19%) than 2009 Massachusetts (29%) high school students described themselves as *overweight*. MA data from the 2009 MA Youth Risk Behavior Survey
- **Gender:** Female high school students were somewhat more likely than males to describe themselves as *about the right weight* (63% males, 68% females), while males were more likely to describe themselves as *underweight* (18%, 13%). There was less difference in the percentage who described themselves as *overweight* (18% males, 20% females).
- **Grade:** Newton high school students in higher grades were slightly more likely than their younger peers to describe themselves as *overweight* (18%, 18%, 20%, 21%).
- **Middle School:** 2002 to 2010 trends in the percent of Newton 7<sup>th</sup> and 8<sup>th</sup> graders who describe themselves as *overweight* are as follows: 25% in 2002, 24% in 2004, 20% in 2006, 22% in 2008, 18% in 2010. Data for 1998 and 2000 are not available.

## Percent of Newton High School Students Reporting Attempts to Change Their Weight, Total and by Gender (2010)



### SELECTED POINTS

- Ten percent (10%) of 2010 Newton high school students reported that they were currently trying to *gain* weight, 55% *not doing anything about their weight*, and 35% trying to *lose* weight.
- Four percent (4%) of Newton high school females reported that they were trying to *gain* weight compared to 16% of males, 54% that they were *not doing anything* about their weight compared to 60% of males, and 50% that they were trying to *lose* weight compared to 24% of males.
- **Trends:** There has been little overall change since 1998 in the percent of Newton high school students who reported that they were trying to *lose* weight (36%, 39%, 39%, 37%, 36%, 37%, 35%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female high school students were much more likely than males to report trying to *lose* weight (24% males, 50% females), while males were more likely than females to report trying to *gain* weight (16%, 4%).
- **Grade:** There was little consistent difference by age/grade in the percent of 2010 Newton high school students who reported that they were trying to *lose* weight (31%, 38%, 37%, 35%).
- **Middle School:** 1998 to 2010 trends in the percentage of Newton 7<sup>th</sup> and 8<sup>th</sup> graders who are trying to *lose* weight are as follows: 31% in 1998, 31% in 2000, 34% in 2002, 32% in 2004, 29% in 2006, 31% in 2008, 24% in 2010.

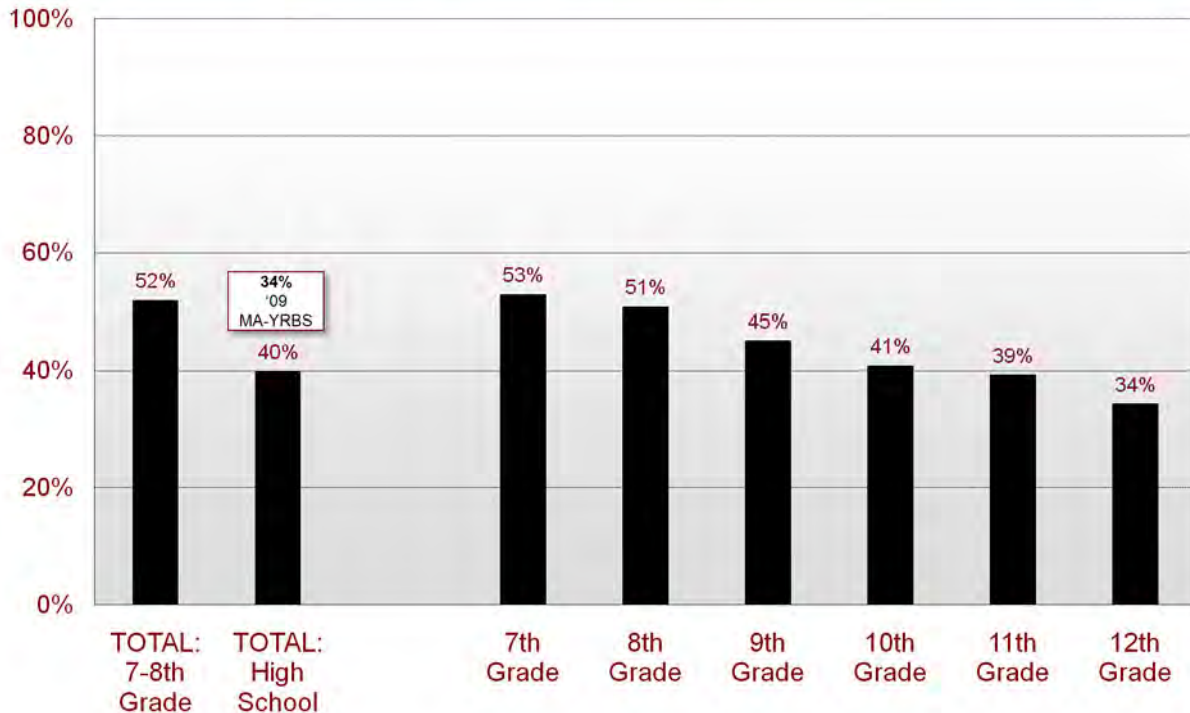


### SELECTED POINTS

- Forty-one percent (41%) of 2010 Newton high school students reported that they had exercised or eaten less in the 30 days prior to the survey in order to lose or maintain their weight. Five percent (5%) had fasted, 2% vomited or took laxatives, and 1% took diet pills, powders, or liquids.
- Fifty-one percent (51%) of Newton high school females reported that they had exercised or eaten less to lose or maintain their weight compared to 30% of males, 7% had fasted compared to 2% of males, 4% vomited or took laxatives compared to 0% of males, and 2% took diet pills, powders, or liquids compared to 0% of males.
- Trends:** Overall, there have been some very slight yet consistent decreases between 1998 and 2010 in the use of weight loss/control methods by Newton high school students: exercised or ate less (N/A, N/A, 51%, 47%, 45%, 45%, 41%), fasted (N/A, N/A, 7%, 7%, 6%, 5%, 5%), vomited or took laxatives (3%, 4%, 4%, 4%, 2%, 3%, 2%), took diet pills, powders, or liquids (3%, 4%, 3%, 3%, 2%, 2%, 1%).
- Comparisons:** Smaller percentages of 2010 Newton than 2009 Massachusetts high school students reported fasting (5% Newton, 8% MA), vomiting or taking laxatives (2%, 5%), and taking diet pills, powders, or liquids (1%, 5%). Comparable MA data about exercising or eating less are not available due to reporting differences. *MA data from the 2009 MA Youth Risk Behavior Survey*
- Gender:** Female high school students were more likely than males to report using these weight loss/maintenance methods.
- Grade:** Differences in method use by age/grade among Newton high school students were inconsistent: exercised or ate less (38%, 44%, 43%, 39%), fasted (4%, 4%, 6%, 5%), vomited or took laxatives (2%, 3%, 3%, 2%), took diet pills, powders, or liquids (1%, 1%, 0.7%, 2%).
- Middle School:** 1998 to 2010 trends in current weight control methods among Newton 7<sup>th</sup> and 8<sup>th</sup> graders are as follows: exercised or ate less (N/A, N/A, 39%, 43%, 43%, 42%, 34%), fasted (N/A, N/A, 7%, 5%, 4%, 4%, 2%), vomited or took laxatives (2%, 2%, 2%, 2%, 1%, 1%, 0.4%), took diet pills, powders, or liquids (1%, 1%, 1%, 0.4%, 1%, 0.5%, 0.1%).



## Percent of Newton 7-8<sup>th</sup> Grade and High School Students Who Engaged in 60+ Minutes of Physical Activity on 5+ of Past 7 Days\*, Total and by Grade (2010)



\* New item in the 2010 Newton survey.

### SELECTED POINTS

- In 2010, 52% of Newton 7<sup>th</sup> and 8<sup>th</sup> graders and 40% of high school students reported engaging in 60 or more minutes of physical activity on at least 5 of the past 7 days.
- **Trends:** Trend data are not available, as this was a new item in the 2010 Newton survey.
- **Comparisons:** A higher percentage of 2010 Newton (40%) than 2009 Massachusetts (34%) high school students reported engaging in at least 60 minutes of physical activity on at least 5 of the past 7 days. *MA data from the 2009 MA Youth Risk Behavior Survey*
- **Gender:** A larger percentage of 2010 Newton high school males (43%) than females (37%) reported engaging in this level of physical activity.
- **Grade:** As displayed in the chart, the percent of Newton students who reported engaging in at least 60 minutes of physical activity on at least 5 of the past 7 days decreased with age/grade between 7<sup>th</sup> and 12<sup>th</sup> grade (53%, 51%, 45%, 41%, 39%, 34%).

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## **Appendix A:**

### **Selected Middle School Data Tables**

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## 2010-2011 NEWTON YOUTH RISK BEHAVIOR SURVEY

### Alcohol, Tobacco, and Other Drug Use - Middle School (N=1,200)

	TOTAL 2010 (1200)	GENDER Males (585)      Females (612)		GRADE 6th (411)      7th (406)      8th (383)		
LIFETIME (any use in lifetime)						
Cigarettes	1.8%	2.2%	1.5%	0.7%	1.2%	3.7%
Alcohol	8.7%	11.0%	6.5%	5.8%	6.4%	14.0%
Marijuana (7 & 8th grade ONLY)	1.8%	2.0%	1.6%	N/A	0.5%	3.1%
Cocaine (7 & 8th grade ONLY)	0.0%	0.0%	0.0%	N/A	0.0%	0.0%
Ecstasy (7 & 8th grade ONLY)	0.0%	0.0%	0.0%	N/A	0.0%	0.0%
Heroin (7 & 8th grade ONLY)	0.0%	0.0%	0.0%	N/A	0.0%	0.0%
Methamphetamines	N/A	N/A	N/A	N/A	N/A	N/A
Steroids (no prescription)	N/A	N/A	N/A	N/A	N/A	N/A
Other Illegal Drugs <sup>1</sup> (7 & 8th grade ONLY)	0.6%	1.0%	0.3%	N/A	0.0%	1.3%
Oxycontin (no prescription) (7 & 8th grade ONLY)	0.1%	0.3%	0.0%	N/A	0.0%	0.3%
CURRENT (any use in past 30 days)						
Cigarettes	0.7%	0.9%	0.5%	0.0%	0.2%	1.8%
Alcohol	2.3%	2.9%	1.6%	0.7%	1.0%	5.2%
Binge Alcohol (5 or more drinks in a row) (7 & 8th grade ONLY)	0.1%	0.3%	0.0%	N/A	0.0%	0.3%
Marijuana (7 & 8th grade ONLY)	0.8%	1.0%	0.5%	N/A	0.0%	1.6%
Cocaine (7 & 8th grade ONLY)	0.0%	0.0%	0.0%	N/A	0.0%	0.0%
Ecstasy (7 & 8th grade ONLY)	0.0%	0.0%	0.0%	N/A	0.0%	0.0%
Inhalants (7 & 8th grade ONLY)	1.4%	1.0%	1.8%	N/A	1.7%	1.0%
Heroin (7 & 8th grade ONLY)	0.0%	0.0%	0.0%	N/A	0.0%	0.0%
Methamphetamines	N/A	N/A	N/A	N/A	N/A	N/A
Steroids (no prescription)	N/A	N/A	N/A	N/A	N/A	N/A
Other Illegal Drugs <sup>1</sup> (7 & 8th grade ONLY)	0.0%	0.0%	0.0%	N/A	0.0%	0.0%
Oxycontin (no prescription) (7 & 8th grade ONLY)	0.0%	0.0%	0.0%	N/A	0.0%	0.0%
ANNUAL (any use in past 12 months)						
Used someone else's prescription medication to get high (7 & 8th grade ONLY)	0.5%	0.8%	0.3%	N/A	0.0%	1.0%
Used over-the-counter medication to get high	N/A	N/A	N/A	N/A	N/A	N/A
Used "study drugs" to stay awake	N/A	N/A	N/A	N/A	N/A	N/A

<sup>1</sup> This item asked about "any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), GHB, or Oxycontin without a doctor's prescription".

## 2010-2011 NEWTON YOUTH RISK BEHAVIOR SURVEY

### Violence and Safety - Middle School (N=1,200)

	TOTAL 2010 (1200)	GENDER Males Females (585) (612)		GRADE 6th 7th 8th (411) (406) (383)		
<b>CARRIED A WEAPON<sup>1</sup> (30 days)</b>						
When in school (7 & 8th grade ONLY)	0.5%	0.8%	0.3%	N/A	0.2%	0.8%
When NOT in school (7 & 8th grade ONLY)	5.9%	9.4%	2.3%	N/A	5.0%	6.8%
<b>IN A PHYSICAL FIGHT (12 months)</b>						
When in school	4.4%	6.8%	2.2%	4.8%	3.5%	5.0%
When NOT in school	14.7%	23.2%	6.5%	13.6%	15.8%	14.7%
<b>BULLYING (30 days)</b>						
Bullied/harassed on way to/from school	6.0%	7.4%	4.8%	3.7%	6.7%	7.8%
Bullied/harassed in school	17.0%	18.5%	15.3%	9.9%	18.4%	23.0%
Bullied/harassed when NOT in school and NOT on way to/from school	9.5%	9.0%	9.9%	5.7%	12.4%	10.5%
Bullied/harassed on the internet	9.5%	6.7%	12.2%	4.7%	9.9%	14.1%
Saw someone else bullied/harassed in school	45.0%	45.8%	44.1%	28.4%	47.4%	60.0%
<b>WORRIED ABOUT SAFETY</b>						
Worried when in school (somewhat/very)	6.4%	5.7%	7.1%	6.6%	5.9%	6.6%
Worried when NOT in school (somewhat/very)	13.8%	11.0%	16.6%	13.4%	13.9%	14.2%
Stayed home from school out of fear for safety (30 days)	1.1%	1.5%	0.7%	0.7%	1.2%	1.3%
<b>DATING VIOLENCE</b>						
Physically hurt only by date (ever)	N/A	N/A	N/A	N/A	N/A	N/A
Sexually hurt only by a date (ever)	N/A	N/A	N/A	N/A	N/A	N/A
Both physically & sexually hurt by a date (ever)	N/A	N/A	N/A	N/A	N/A	N/A

<sup>1</sup> Respondents were asked about "a weapon such as a knife, gun, or club".

## 2010-2011 NEWTON YOUTH RISK BEHAVIOR SURVEY

### Stress, Support, Depression, and Suicide - Middle School (N=1,200)

	TOTAL	GENDER		GRADE		
	2010	Males	Females	6th	7th	8th
	(1200)	(585)	(612)	(411)	(406)	(383)
STRESS						
Life somewhat/very stressful	43.6%	40.3%	46.7%	37.3%	41.2%	53.0%
Worry about <i>school</i> issues - Often/Almost Every Day	42.0%	36.7%	47.3%	30.9%	39.5%	56.5%
Worry about <i>social</i> issues - Often/Almost Every Day	20.7%	14.8%	26.4%	16.4%	18.3%	28.0%
Worry about <i>family</i> issues - Often/Almost Every Day	18.9%	17.0%	20.7%	16.9%	17.2%	22.9%
Worry about <i>appearance</i> issues - Often/Almost Every Day	18.6%	12.4%	24.7%	12.0%	18.3%	26.1%
Worry about <i>being bullied/harassed</i> - Often/Almost Every Day	4.4%	3.6%	5.1%	5.6%	3.4%	4.2%
ADULT HELP						
At least one teacher or other adult in this school to talk to about a problem	65.7%	65.9%	65.4%	65.8%	67.1%	64.2%
At least one adult outside of school to talk to about a problem	84.6%	84.4%	84.7%	85.5%	86.4%	81.7%
At least one family adult to talk to about a problem	88.3%	89.1%	87.5%	93.6%	87.1%	84.0%
DEPRESSION AND SUICIDE						
Hurt self on purpose (12 months) (7 & 8th grade ONLY)	5.2%	3.8%	6.5%	N/A	5.4%	5.0%
Depressed (12 months) (7 & 8th grade ONLY)	7.8%	5.8%	9.8%	N/A	6.2%	9.4%
Sought medical help or took prescription medication for depression (12 months)	N/A	N/A	N/A	N/A	N/A	N/A
Seriously considered suicide (12 months) (7 & 8th grade ONLY)	5.2%	3.5%	7.0%	N/A	3.5%	7.0%
Attempted suicide (12 months) (7 & 8th grade ONLY)	0.9%	0.5%	1.3%	N/A	0.7%	1.0%
Injured in suicide attempt (12 months)	N/A	N/A	N/A	N/A	N/A	N/A



## 2010-2011 NEWTON YOUTH RISK BEHAVIOR SURVEY

### Miscellaneous - Middle School (N=1,200)

	TOTAL 2010 (1200)	GENDER Males (585)Females (612)		GRADE 6th (411)7th (406)8th (383)		
ALCOHOL-RELATED DRIVING/RIDING						
Rode with drinking driver (30 days) - All students (7 & 8th grade ONLY)	7.4%	6.5%	8.3%	N/A	6.2%	8.7%
Drove after drinking - (30 days) All students	N/A	N/A	N/A	N/A	N/A	N/A
Drove after drinking - (30 days) Of drivers	N/A	N/A	N/A	N/A	N/A	N/A
MARIJUANA-RELATED DRIVING/RIDING						
Rode with driver using marijuana (30 days) - All students (7 & 8th grade ONLY)	.8%	.8%	.8%	N/A	.5%	1.0%
Drove after using marijuana - (30 days) All students	N/A	N/A	N/A	N/A	N/A	N/A
Drove after using marijuana - (30 days) Of drivers	N/A	N/A	N/A	N/A	N/A	N/A
SEXUAL BEHAVIOR						
Ever had sexual intercourse (7 & 8th grade ONLY)	1.5%	2.0%	1.0%	N/A	0.7%	2.4%
Intercourse in past 3 months	N/A	N/A	N/A	N/A	N/A	N/A
Ever been/gotten someone pregnant	N/A	N/A	N/A	N/A	N/A	N/A
Condom use at last intercourse <sup>1</sup> (7 & 8th grade ONLY)	81.8%	87.5%	66.7%	N/A	100.0%	77.8%
Alcohol/drugs at last intercourse	N/A	N/A	N/A	N/A	N/A	N/A
WEIGHT						
Consider self slightly/very overweight	17.5%	17.4%	17.6%	17.2%	18.2%	17.3%
Trying to lose weight	22.8%	20.8%	24.8%	20.5%	24.1%	23.9%
Exercised or ate less to lose/maintain weight (30 days) (7 & 8th grade ONLY)	34.3%	30.3%	37.9%	N/A	32.7%	36.0%
Fasted to lose/maintain weight (30 days) (7 & 8th grade ONLY)	1.9%	1.5%	2.3%	N/A	1.5%	2.4%
Vomited or took laxatives to lose/maintain weight (30 days) (7 & 8th grade ONLY)	0.4%	0.3%	0.5%	N/A	0.3%	0.5%
Took diet pills, powders, or liquids to lose/maintain weight (30 days) (7 & 8th grade ONLY)	0.1%	0.0%	0.3%	N/A	0.3%	0.0%

<sup>1</sup> Of those who had sexual intercourse.

## 2010-2011 NEWTON YOUTH RISK BEHAVIOR SURVEY

1998, 2000, 2002, 2004, 2006, 2008, and 2010 Middle School Trends - Grades 7 & 8 ONLY  
Alcohol, Tobacco, and Other Drug Use

	1998 (907)	2000 (893)	2002 (849)	2004 (844)	2006 (791)	2008 (811)	2010 (789)
<b>LIFETIME (any use in lifetime)</b>							
Cigarettes	21.8%	14.3%	9.8%	7.0%	5.1%	5.0%	2.4%
Alcohol	36.6%	28.6%	24.8%	21.1%	17.8%	16.7%	10.1%
Marijuana	8.2%	4.0%	5.2%	2.7%	2.4%	3.0%	1.8%
Cocaine	1.1%	0.7%	2.8%	0.6%	1.1%	0.4%	0.0%
Ecstasy	N/A	N/A	2.1%	0.2%	0.8%	0.1%	0.0%
Heroin	N/A	N/A	1.9%	0.5%	0.6%	0.0%	0.0%
Other Illegal Drugs <sup>1</sup>	N/A	N/A	1.9%	0.5%	0.5%	0.2%	0.6%
Oxycontin	N/A	N/A	N/A	N/A	N/A	N/A	0.1%
<b>CURRENT (any use in past 30 days)</b>							
Cigarettes	6.9%	3.5%	2.8%	1.7%	1.6%	1.2%	1.0%
Alcohol	15.6%	10.8%	8.9%	6.6%	5.8%	3.7%	3.0%
Binge Alcohol (5 or more drinks in a row)	3.0%	1.9%	2.3%	1.4%	1.3%	1.0%	0.1%
Marijuana	3.2%	0.8%	2.6%	0.8%	1.3%	1.2%	0.8%
Cocaine	0.7%	0.1%	1.8%	0.2%	0.5%	0.0%	0.0%
Ecstasy	N/A	N/A	1.5%	0.0%	0.4%	0.0%	0.0%
Inhalants	2.6%	3.1%	4.4%	3.4%	1.8%	1.0%	1.4%
Heroin	N/A	N/A	0.9%	0.1%	0.1%	0.0%	0.0%
Other Illegal Drugs <sup>1</sup>	N/A	N/A	0.8%	0.2%	0.3%	0.0%	0.0%
Oxycontin	N/A	N/A	N/A	N/A	N/A	N/A	0.0%
<b>ANNUAL (any use in past 12 months)</b>							
Used someone else's prescription medication to get high	N/A	N/A	N/A	1.4%	0.6%	0.1%	0.5%
Used over-the-counter medication to get high	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Used "study drugs" to stay awake	N/A	N/A	N/A	N/A	N/A	N/A	N/A

<sup>1</sup> This item asked about "any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), GHB, or Oxycontin without a doctor's prescription".

## 2010-2011 NEWTON YOUTH RISK BEHAVIOR SURVEY

1998, 2000, 2002, 2004, 2006, 2008, and 2010 Middle School Trends - Grades 7 & 8 ONLY  
Violence and Safety

	1998 (907)	2000 (893)	2002 (849)	2004 (844)	2006 (791)	2008 (811)	2010 (789)
<b>CARRIED A WEAPON<sup>1</sup> (30 days)</b>							
When in school	2.8%	2.6%	2.7%	2.0%	1.4%	1.1%	0.5%
When NOT in school	15.3%	12.8%	10.2%	12.4%	9.4%	8.7%	5.9%
<b>IN A PHYSICAL FIGHT (12 months)</b>							
When in school	16.8%	12.3%	13.3%	12.3%	9.5%	7.1%	4.2%
When NOT in school	33.3%	31.0%	27.6%	27.9%	21.2%	18.9%	15.2%
<b>BULLYING (30 days)</b>							
Bullied/harassed on way to/from school	N/A	N/A	17.3%	19.1%	14.2%	13.3%	7.2%
Bullied/harassed in school	N/A	N/A	35.7%	41.1%	29.8%	28.9%	20.7%
Bullied/harassed when NOT in school and NOT on way to/from school	N/A	N/A	24.1%	24.6%	16.3%	15.8%	11.5%
Bullied/harassed on the internet	N/A	N/A	N/A	N/A	N/A	16.7%	12.0%
Saw someone else bullied/harassed in school	N/A	N/A	N/A	N/A	N/A	N/A	53.5%
<b>WORRIED ABOUT SAFETY</b>							
Worried when in school (somewhat/very)	8.7%	9.1%	6.5%	7.6%	6.0%	6.1%	6.2%
Worried when NOT in school (somewhat/very)	22.6%	19.4%	22.3%	16.6%	16.3%	17.6%	14.0%
Stayed home from school out of fear for safety (30 days)	1.2%	2.2%	2.1%	2.0%	1.0%	1.7%	1.3%

<sup>1</sup> Respondents were asked about "a weapon such as a knife, gun, or club".

## 2010-2011 NEWTON YOUTH RISK BEHAVIOR SURVEY

1998, 2000, 2002, 2004, 2006, 2008, and 2010 Middle School Trends - Grades 7 & 8 ONLY

### Miscellaneous

	1998 (907)	2000 (893)	2002 (849)	2004 (844)	2006 (791)	2008 (811)	2010 (789)
<b>STRESS</b>							
Life somewhat/very stressful	N/A	N/A	50.7%	48.1%	46.7%	49.6%	46.9%
Worry about <i>school</i> issues - Often/Almost Every Day	N/A	N/A	51.0%	49.0%	48.5%	43.9%	47.8%
Worry about <i>social</i> issues - Often/Almost Every Day	N/A	N/A	38.8%	34.8%	31.1%	32.0%	23.0%
Worry about <i>family</i> issues - Often/Almost Every Day	N/A	N/A	26.9%	25.6%	21.4%	22.3%	20.0%
Worry about <i>appearance</i> issues - Often/Almost Every Day	N/A	N/A	36.3%	30.5%	27.4%	29.4%	22.0%
Worry about <i>being bullied/harassed</i> - Often/Almost Every Day	N/A	N/A	N/A	N/A	N/A	N/A	3.8%
<b>ADULT HELP</b>							
At least one teacher or other adult in this school to talk to about a problem	N/A	N/A	52.7%	49.8%	49.0%	45.0%	65.7%
At least one adult outside of school to talk to about a problem	N/A	N/A	78.9%	78.6%	81.8%	81.2%	84.1%
At least one family adult to talk to about a problem	N/A	N/A	80.2%	77.4%	82.3%	81.9%	85.6%
<b>DEPRESSION AND SUICIDE</b>							
Hurt self on purpose (12 months)	N/A	N/A	N/A	10.4%	6.0%	6.5%	5.2%
Depressed (12 months)	N/A	N/A	16.1%	14.0%	11.6%	9.1%	7.8%
Seriously considered suicide (12 months)	12.9%	13.3%	12.0%	10.0%	5.6%	6.9%	5.2%
Attempted suicide (12 months)	2.6%	3.6%	3.1%	2.3%	1.1%	1.1%	0.9%
<b>RIDING WITH IMPAIRED DRIVERS</b>							
Rode with drinking driver (30 days) - All students	9.4%	10.2%	10.7%	7.1%	7.2%	7.0%	7.4%
Rode with driver using marijuana (30 days) - All students	2.3%	2.9%	3.1%	1.9%	.8%	1.4%	.8%
<b>SEXUAL BEHAVIOR</b>							
Ever had sexual intercourse	7.0%	5.4%	4.5%	4.4%	4.0%	2.6%	1.5%
Condom use at last intercourse <sup>1</sup>	77.2%	75.0%	65.7%	74.3%	66.7%	71.4%	81.8%

<sup>1</sup> Of those who had sexual intercourse.

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## **Appendix B:**

### **Selected High School Data Tables**

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## 2010-2011 NEWTON YOUTH RISK BEHAVIOR SURVEY

### Alcohol, Tobacco, and Other Drug Use - High School (N=1,800)

	TOTAL							MA	GENDER		GRADE			
	1998	2000	2002	2004	2006	2008	2010	2009	Males	Females	9th	10th	11th	12th
	(1640)	(1658)	(1707)	(1751)	(1810)	(1760)	(1800)	YRBS	(862)	(933)	(459)	(442)	(440)	(459)
<b>LIFETIME</b> (any use in lifetime)														
Cigarettes	52.0%	48.9%	38.5%	32.7%	29.2%	27.4%	19.4%	43.3%	21.5%	17.5%	12.7%	15.0%	21.6%	28.3%
Alcohol	73.1%	70.8%	66.0%	61.9%	58.8%	56.8%	50.3%	71.3%	49.1%	51.5%	30.3%	44.2%	57.2%	69.6%
Marijuana	41.3%	40.5%	39.4%	37.2%	33.0%	33.2%	30.8%	42.5%	32.6%	29.2%	12.7%	24.5%	38.6%	47.5%
Cocaine	3.7%	3.9%	4.2%	5.2%	5.4%	2.7%	1.1%	6.1%	1.3%	0.9%	0.4%	0.9%	0.7%	2.2%
Ecstasy	N/A	N/A	5.7%	3.7%	2.9%	2.3%	1.1%	5.9%	1.2%	1.1%	0.2%	0.7%	0.9%	2.6%
Heroin	N/A	N/A	1.5%	1.4%	1.3%	0.8%	0.4%	2.1%	0.8%	0.1%	0.4%	0.7%	0.2%	0.4%
Methamphetamines	N/A	N/A	4.1%	3.3%	2.4%	1.3%	0.8%	2.8%	1.0%	0.5%	0.2%	1.1%	0.7%	1.1%
Steroids (no prescription)	N/A	N/A	1.4%	1.9%	1.4%	1.2%	0.2%	3.3%	0.3%	0.1%	0.2%	0.5%	0.0%	0.2%
Other Illegal Drugs <sup>1</sup>	N/A	N/A	7.5%	7.6%	6.6%	5.6%	4.1%	N/A	4.7%	3.7%	2.4%	3.0%	2.7%	8.3%
Oxycontin	N/A	N/A	N/A	N/A	N/A	N/A	0.8%	N/A	0.7%	1.0%	0.2%	1.1%	0.5%	1.5%
<b>CURRENT</b> (any use in past 30 days)														
Cigarettes	26.8%	20.2%	15.7%	13.8%	12.4%	12.5%	7.0%	16.0%	7.7%	6.3%	4.6%	4.3%	8.9%	10.1%
Alcohol	51.5%	50.6%	44.0%	40.9%	38.2%	36.7%	31.5%	43.6%	30.6%	32.4%	14.8%	26.0%	39.2%	46.0%
Binge Alcohol (5 or more drinks in a row)	31.4%	31.5%	27.0%	23.1%	22.7%	19.0%	16.7%	24.5%	16.8%	16.7%	5.2%	12.4%	21.6%	27.7%
Marijuana	23.7%	26.3%	22.9%	23.3%	20.2%	22.7%	19.3%	27.1%	21.3%	17.6%	8.3%	14.9%	25.0%	29.2%
Cocaine	1.7%	1.4%	2.5%	2.9%	2.3%	1.3%	0.3%	N/A	0.5%	0.2%	0.4%	0.2%	0.5%	0.2%
Ecstasy	N/A	N/A	2.3%	1.7%	1.1%	1.0%	0.4%	N/A	0.5%	0.4%	0.2%	0.2%	0.5%	0.9%
Inhalants	3.1%	2.2%	2.6%	2.8%	2.6%	1.8%	1.7%	N/A	1.9%	1.6%	3.1%	1.6%	1.6%	0.7%
Heroin	N/A	N/A	0.9%	1.0%	0.9%	0.5%	0.3%	N/A	0.5%	0.1%	0.4%	0.5%	0.0%	0.2%
Methamphetamines	N/A	N/A	1.8%	2.0%	1.3%	1.1%	0.4%	N/A	0.6%	0.2%	0.0%	0.7%	0.5%	0.4%
Steroids (no prescription)	N/A	N/A	0.9%	1.5%	0.9%	0.9%	0.1%	N/A	0.2%	0.0%	0.2%	0.2%	0.0%	0.0%
Other Illegal Drugs <sup>1</sup>	N/A	N/A	3.3%	3.7%	3.5%	2.9%	1.8%	N/A	2.1%	1.6%	1.1%	1.4%	1.6%	3.3%
Oxycontin	N/A	N/A	N/A	N/A	N/A	N/A	0.3%	N/A	0.2%	0.3%	0.0%	0.5%	0.2%	0.4%
<b>ANNUAL</b> (any use in past 12 months)														
Used someone else's prescription medication to get high	N/A	N/A	N/A	5.9%	3.8%	3.1%	1.9%	N/A	1.9%	2.0%	1.1%	1.1%	1.8%	3.7%
Used over-the-counter medication to get high	N/A	N/A	4.3%	3.6%	3.3%	2.6%	1.6%	N/A	1.5%	1.7%	1.5%	1.6%	1.8%	1.5%
Used "study drugs" to stay awake	N/A	N/A	N/A	6.6%	5.1%	4.0%	3.1%	N/A	2.0%	4.2%	0.9%	1.4%	2.5%	7.6%

<sup>1</sup> This item asked about "any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), GHB, or Oxycontin without a doctor's prescription".

# 2010-2011 NEWTON YOUTH RISK BEHAVIOR SURVEY

## Violence and Safety - High School (N=1,800)

	TOTAL							MA	GENDER		GRADE			
	1998	2000	2002	2004	2006	2008	2010	2009	Males	Females	9th	10th	11th	12th
	(1640)	(1658)	(1707)	(1751)	(1810)	(1760)	(1800)	YRBS	(862)	(933)	(459)	(442)	(440)	(459)
CARRIED A WEAPON <sup>1</sup> (30 days)														
When in school	6.2%	5.2%	4.9%	5.2%	5.0%	4.3%	1.8%	4.4%	2.3%	1.2%	0.9%	2.3%	1.1%	2.8%
When NOT in school	13.9%	12.1%	10.0%	11.2%	11.2%	8.9%	6.8%	N/A	11.4%	2.5%	8.3%	6.1%	5.5%	7.2%
IN A PHYSICAL FIGHT (12 months)														
When in school	13.0%	12.2%	9.1%	9.7%	9.3%	8.6%	5.6%	8.7%	8.8%	2.4%	7.6%	6.6%	3.6%	4.4%
When NOT in school	26.9%	24.1%	19.6%	20.4%	19.1%	16.4%	13.6%	N/A	18.4%	9.0%	18.2%	13.8%	13.2%	9.2%
BULLYING (30 days)														
Bullied/harassed on way to/from school	N/A	N/A	7.7%	9.8%	7.1%	8.3%	6.1%	N/A	6.2%	6.0%	6.6%	7.7%	5.7%	4.6%
Bullied/harassed in school	N/A	N/A	21.0%	19.7%	17.2%	19.1%	15.2%	N/A	16.7%	13.8%	17.5%	18.4%	14.8%	10.1%
Bullied/harassed when NOT in school and NOT on way to/from school	N/A	N/A	15.7%	13.8%	12.2%	14.4%	7.9%	N/A	7.2%	8.6%	9.2%	8.2%	7.0%	7.2%
Bullied/harassed on the internet	N/A	N/A	N/A	N/A	N/A	15.2%	12.1%	N/A	9.9%	14.1%	12.4%	13.8%	12.3%	9.8%
Saw someone else bullied/harassed in school	N/A	N/A	N/A	N/A	N/A	N/A	41.6%	N/A	43.2%	40.0%	47.0%	43.8%	38.9%	36.6%
WORRIED ABOUT SAFETY														
Worried when in school (somewhat/very)	6.1%	7.3%	6.2%	6.6%	5.4%	5.2%	4.9%	N/A	5.0%	4.8%	5.9%	3.2%	6.1%	4.6%
Worried when NOT in school (somewhat/very)	20.1%	13.9%	14.6%	11.7%	11.7%	12.5%	10.3%	N/A	8.0%	12.5%	12.7%	8.8%	10.5%	9.2%
Stayed home from school out of fear for safety (30 days)	2.6%	3.8%	2.3%	3.8%	2.2%	3.8%	2.8%	4.0%	1.7%	3.8%	2.2%	3.0%	3.2%	3.1%
DATING VIOLENCE														
Physically hurt only by date (ever)	N/A	3.6%	2.8%	3.0%	2.7%	3.2%	2.0%	N/A	1.5%	2.5%	1.7%	1.1%	3.0%	2.2%
Sexually hurt only by a date (ever)	N/A	2.5%	2.8%	3.6%	2.2%	1.7%	2.0%	N/A	0.6%	3.3%	1.7%	1.4%	2.3%	2.6%
Both physically & sexually hurt by a date (ever)	N/A	1.8%	2.1%	1.7%	1.7%	1.5%	1.1%	N/A	0.6%	1.5%	0.2%	1.4%	1.1%	1.5%

<sup>1</sup> Respondents were asked about "a weapon such as a knife, gun, or club".

## 2010-2011 NEWTON YOUTH RISK BEHAVIOR SURVEY

### Stress, Support, Depression, and Suicide - High School (N=1,800)

	TOTAL							MA 2009 YRBS	GENDER		GRADE			
	1998	2000	2002	2004	2006	2008	2010		Males	Females	9th	10th	11th	12th
	(1640)	(1658)	(1707)	(1751)	(1810)	(1760)	(1800)		(862)	(933)	(459)	(442)	(440)	(459)
STRESS														
Life somewhat/very stressful	N/A	75.7%	78.0%	74.2%	73.0%	72.3%	73.4%	N/A	62.6%	83.3%	63.9%	73.7%	78.3%	77.9%
Worry about <i>school</i> issues - Often/Almost Every Day	N/A	N/A	73.3%	68.0%	67.5%	67.6%	65.2%	N/A	54.8%	74.9%	55.3%	65.5%	71.4%	68.8%
Worry about <i>social</i> issues - Often/Almost Every Day	N/A	N/A	54.6%	50.6%	44.2%	41.4%	39.7%	N/A	34.3%	44.9%	31.5%	39.2%	44.5%	43.9%
Worry about <i>family</i> issues - Often/Almost Every Day	N/A	N/A	39.9%	38.0%	33.0%	36.4%	31.0%	N/A	24.5%	37.0%	24.9%	28.9%	36.2%	34.2%
Worry about <i>appearance</i> issues - Often/Almost Every Day	N/A	N/A	48.7%	43.6%	39.4%	39.0%	36.7%	N/A	24.2%	48.3%	30.2%	36.4%	41.6%	38.8%
Worry about <i>being being bullied/harassed</i> - Often/Almost Every Day	N/A	N/A	N/A	N/A	N/A	N/A	4.2%	N/A	3.9%	4.5%	5.0%	3.7%	5.0%	3.1%
ADULT HELP														
At least one teacher/other adult in this school to talk to about a problem	N/A	N/A	49.7%	47.1%	49.9%	52.8%	57.2%	N/A	57.0%	57.4%	54.3%	52.6%	54.0%	67.5%
At least one adult outside of school to talk to about a problem	N/A	N/A	76.9%	74.0%	77.2%	78.2%	81.7%	N/A	81.4%	82.0%	85.0%	80.2%	78.0%	83.3%
At least one family adult to talk to about a problem	N/A	N/A	72.7%	70.9%	74.3%	76.6%	79.4%	N/A	80.4%	78.5%	80.8%	79.6%	76.8%	80.3%
DEPRESSION AND SUICIDE														
Hurt self on purpose (12 months)	N/A	N/A	N/A	14.9%	11.3%	11.6%	10.2%	N/A	6.3%	13.6%	10.2%	11.6%	11.0%	8.1%
Depressed (12 months)	N/A	N/A	23.9%	22.0%	17.5%	18.4%	15.9%	24.0%	11.9%	19.5%	12.9%	15.0%	19.5%	16.2%
Sought medical help/medication for depression (12 months)	9.1%	9.0%	10.2%	9.3%	8.4%	8.0%	6.2%	N/A	4.7%	7.7%	3.3%	5.0%	8.4%	8.3%
Seriously considered suicide (12 months)	16.6%	15.1%	14.3%	10.6%	7.6%	9.3%	6.8%	13.5%	4.8%	8.7%	6.3%	8.0%	6.4%	6.6%
Attempted suicide (12 months)	5.1%	4.7%	5.5%	4.0%	2.8%	2.6%	1.7%	6.8%	1.3%	2.2%	1.7%	2.1%	1.8%	1.3%
Injured in suicide attempt (12 months)	N/A	N/A	1.7%	1.3%	1.1%	1.1%	0.2%	2.6%	0.1%	0.2%	0.0%	0.7%	0.0%	0.0%

# 2010-2011 NEWTON YOUTH RISK BEHAVIOR SURVEY

## Miscellaneous - High School (N=1,800)

	TOTAL							MA	GENDER		GRADE			
	1998 (1640)	2000 (1658)	2002 (1707)	2004 (1751)	2006 (1810)	2008 (1760)	2010 (1800)	2009 YRBS	Males (862)	Females (933)	9th (459)	10th (442)	11th (440)	12th (459)
<b>ALCOHOL-RELATED DRIVING/RIDING</b>														
Rode with drinking driver (30 days) - All students	18.6%	21.2%	20.6%	19.0%	15.9%	15.3%	8.3%	26.7%	7.7%	8.9%	7.2%	7.5%	8.2%	10.5%
Drove after drinking - (30 days) All students	5.0%	6.2%	5.7%	5.9%	4.9%	4.8%	1.4%	9.0%	1.9%	1.1%	0.2%	0.2%	1.8%	3.5%
Drove after drinking - (30 days) Of drivers	16.7%	22.2%	18.2%	19.3%	16.5%	19.3%	6.9%	N/A	8.4%	5.3%	9.1%	7.1%	6.7%	6.9%
<b>MARIJUANA-RELATED DRIVING/RIDING</b>														
Rode with driver using marijuana (30 days) - All students	19.7%	22.2%	19.2%	21.2%	16.0%	17.9%	15.5%	N/A	16.0%	15.0%	5.0%	9.5%	18.5%	28.8%
Drove after using marijuana - (30 days) All students	5.8%	6.9%	6.7%	7.5%	5.0%	6.3%	4.0%	N/A	6.0%	2.1%	0.4%	0.2%	3.0%	12.2%
Drove after using marijuana - (30 days) Of drivers	19.5%	25.4%	22.8%	24.9%	18.3%	25.5%	17.9%	N/A	24.9%	10.3%	18.2%	6.7%	9.8%	22.9%
<b>SEXUAL BEHAVIOR</b>														
Ever had sexual intercourse	23.4%	21.2%	24.2%	24.1%	24.1%	24.5%	19.3%	46.4%	20.5%	18.3%	8.3%	10.0%	22.7%	35.9%
Intercourse in past 3 months	16.4%	15.6%	17.3%	18.0%	16.6%	18.1%	14.6%	34.6%	14.9%	14.4%	5.7%	7.3%	16.1%	29.0%
Ever been/gotten someone pregnant	2.2%	1.3%	2.1%	2.4%	2.0%	1.5%	0.8%	N/A	1.2%	0.5%	0.4%	0.5%	1.1%	1.3%
Condom use at last intercourse <sup>1</sup>	72.4%	77.0%	72.6%	72.4%	74.4%	73.7%	79.6%	57.5%	79.9%	79.3%	83.8%	79.1%	79.8%	78.7%
Alcohol/drugs at last intercourse <sup>1</sup>	23.6%	27.3%	23.9%	26.2%	22.1%	21.0%	20.3%	23.5%	22.2%	18.3%	18.9%	11.6%	25.8%	19.6%
<b>WEIGHT</b>														
Consider self slightly/very overweight	24.6%	23.4%	23.8%	23.1%	22.2%	20.3%	19.0%	28.8%	18.4%	19.6%	17.5%	18.1%	19.9%	20.5%
Trying to lose weight	36.4%	39.1%	39.2%	37.3%	36.0%	36.7%	35.3%	N/A	23.7%	45.9%	31.2%	37.9%	37.4%	34.7%
Exercised or ate less to lose/maintain weight (30 days)	N/A	N/A	51.0%	47.3%	44.9%	44.5%	40.9%	N/A	30.0%	51.0%	38.0%	44.1%	42.7%	38.8%
Fasted to lose/maintain weight (30 days)	N/A	N/A	7.3%	6.6%	5.7%	5.4%	4.6%	8.2%	2.0%	7.0%	4.4%	4.1%	5.5%	4.6%
Vomited or took laxatives to lose/maintain weight (30 days)	3.0%	3.6%	3.8%	3.5%	1.8%	2.8%	2.3%	4.8%	0.5%	4.1%	1.5%	2.5%	3.0%	2.4%
Took diet pills, powders, or liquids to lose/maintain weight (30 days)	3.0%	3.6%	3.2%	2.8%	2.3%	1.7%	1.2%	5.1%	0.5%	1.8%	1.1%	1.1%	0.7%	1.8%

<sup>1</sup> Of those who had sexual intercourse.